



Malone
Community Center

FREE
presentations

Spring Into Health Series

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Aging Partners Health and Fitness programs focus on disease and injury prevention. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The fitness center at 233 S. 10th St., also provides exercise classes and fitness equipment.

For most classes, there is a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes.

Certified Personal Trainer

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. There is a \$10 suggested monthly donation for age 60 and over and a \$15 fee for under age 60.

Physical activity programs on-line at 5 CITY-TV and 10 Health

Programs on these channels are Exercise for a Lifetime, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance.

Health Education Programs

Staff is available to conduct 30- to 60-minute health education programs for community, church and social groups. A variety of programs have been developed relating to: Illness and injury, prevention, physical activity, nutrition and mental wellness.

JoAnn Maxey Center Malone Community Center 2032 "U" Street



Please join us for these free, informative and fun programs presented by Aging Partners' Tracie Foreman. If you would like to stay for lunch, there is a \$4 suggested lunch contribution for age 60 and over and an \$8 fee for under age 60. *Call Pam Lander at 402-441-7790 two days in advance if you would like to order lunch.*

The Transformative Power of Music

Friday, April 21 at 11 a.m.



Throughout history, music has been a universal language among people from all backgrounds. Today, study results have proven that music not only aids in the grief and healing process, but also creates new passages around brain tissue that has been damaged. It is a direct door to our memory center and unleashes those feel-good chemicals produced in the brain.

Living Well On a Shoestring

Friday, May 19 at 11 a.m.

Budgeting can be a real challenge with today's high prices. Living on a fixed income requires knowledge, motivation and creativity. This program offers a variety of great ideas to help us improve our relationship with money.

