

Growing Stronger

FREE Strength Training for Older Adults

- **When: Mon. and Wed.**
- **9:00 am- 1 hour class**
- **Who: You & Sue Crouse, Your Certified Instructor**
- **Where: Minerva Town Hall**
- **Come check out a class!**
- **Pick up your physician release form**
- **Phone RSVP @ 546-3565 for more information**



- Strength & Balance Exercises
- Bone Building
- Good for your joints
- Trained Instructor
- Non Impact
- Improve your range of motion
- Pick up doctor's permission form at Minerva Town Hall, Minerva
- Light Weights Supplied
- Free & Fun



Growing Stronger.
an evidence-based program
by Tufts University

