

It's never too late to leap into a

HEALTHIER LIFESTYLE



FROG (Fitness Reaching Older Gens) is a cardio program that helps older adults prevent injuries caused by falls by improving their mobility, balance and strength.

The exercises are low impact (with or without chair assistance) and only as strenuous as you want them to be. Registration and the classes are free. You may join at any time!



Fitness Reaching Older Gens
Southwest Nebraska Public Health Department

JOIN THE FROG CLASS NEAREST YOU!

McCook	Mon, Thurs, Fri	9:00 am	E-Free Church – LeAnn
Indianola	Wednesday, Friday	9:00 am	Indianola Community Building – LeAnn
Trenton	Tuesday, Thursday	9:00 am	TCDC Building – LeAnn and Mary
Stratton	Tuesday, Friday	10:00 am	Grandview – Linda
Culbertson	Tuesday, Thursday	9:00 am	Methodist Church – Doris

For more information, call LeAnn Jankovits 308-340-8981



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www.chmccook.org

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