

Hampton Activity Center

presents

Hampton Sit & Be Fit Class

Hampton Activity Center will be presenting a low impact exercise class on Wednesday afternoons starting at 3:30 p.m. It is extremely important as we age to focus on our ability to maintain a sense of wellness through movement and exercise. Low impact exercise is about stretching, balance work and strengthening. Take a day to dedicate to your health and well being.

Stay for a delicious meal at 5:00 p.m.

This program is offered to our 60 plus population.

Location: Hampton Activity Center, 801 W. Center Ave. Essexville

Wednesday, Starting in June, 2017

3:30—3:45 p.m. Program
5:00 p.m. Dinner

Suggested donation for Lunch:
\$2.50 (60 years & better)



Menu: Choice of Entrée, Salad or Sandwich choices on a daily basis.
Wonderful Times Newsletter has the menu choices or the Site Coordinator has that information

Call Karen for any transportation requests and reservations at
895-5968 on Mon.—Friday from 2:00—6:00 p.m. or main office at
895-4100 or toll free 1-877-229-9960.

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