



Fit-4-Living is a 75-minute health and wellness class for the older adult, combining exercise and education. Work on strength, balance and flexibility in the first half. Guest speakers join to discuss topics such as medication, heart health, nutrition, bone strength, etc. See our amazing list of speakers in the schedule below!

DATE	PRESENTER	PRESENTATION TITLE
SEPT 14	Ian Andrew	The Need for Improved Balance and Muscle Mass as We age
SEPT 21	Jennifer Harris	Understanding Heart Disease and Prevention
SEPT 28	Judy Bedell	The Brain, Memory and Benefits of Play
OCT 5	Amanda DeGrace	Core Includes the Pelvic Floor
OCT 12	Claudia McKeen	Do You Know Your Pharmacist?
OCT 19	Laura Dale	Nutrition Through the Ages
OCT 26	Mary McNamara	Mindfulness
NOV 2	Donna Matheson	Practical Strategies to Minimize Fall Risks

This class runs for 8 weeks (September 14 - Nov 2) on Friday's from 1:00-2:15pm in GCC Dance Studio.