



Be well...

**STAY SAFE with NEW VIRTUAL
WELLNESS CLASSES from your HOME!**

Join Rachel each Tuesday and Thursday for back-to-back classes, from the safety and comfort of your own home! Join with your computer, tablet or smart phone.

Choose “fun & relaxing” TAI CHI or a “fun & invigorating” E-FIT.
Both options help to improve balance, flexibility, and relieve arthritis pain.

9:00 AM: TAI CHI movements & balance.

10:00 AM: E-FIT cardio, strength, and flexibility.

Call Rachel, (616) 527-5365 or (888) 527-5365, or email ryenchar@ioniacounty.org for details and “how to” info.



BENEFITS OF EXERCISE FOR OLDER ADULTS:

Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

Source: CDC (Centers for Disease Control and Prevention)