

**FREE
EXERCISE
CLASS**

**OLDER ADULTS
AND SENIORS**

**VARIETY OF
EXERCISES**



Sheridan
Community Hospital
Homelike, personal care

www.sheridanhospital.com

989-291-3261

301 N. Main Street
Sheridan



**EXERCISE CLASS
FOR OLDER ADULTS AND SENIORS**

Have fun and move through a variety of exercises designed to increase strength, range of movement and activities of daily life.

WHEN: Every Tuesday from 3pm to 4pm

WHERE: Central Montcalm Community Church
215 S. Main St. Sheridan, MI 48884

SPONSORED BY: Sheridan Community Hospital Rehab Department
Call today to reserve your spot 989-291-6214