

Chair-Based Exercise



**BE FIT
WHILE YOU SIT**

**WEDNESDAY
MAY 6TH
11:30AM-1:00PM**



**LUNCH SERVED
12:00-1:00PM**

May is National Physical Fitness and Sports month and you are invited to join us for a special presentation by our Fitness Center Manager, Judy Lee, CPT, who will discuss the importance of exercise as we age as well as demonstrate Chair-Based exercises that strengthen muscles and improve mobility.

11:30AM
Bingo Game starts

11:50AM
Presentation begins

12:00PM
Lunch Served

12:30PM
Wrapping things up...

1:00PM
End of Presentation



LASSEN
INDIAN HEALTH CENTER

For questions please contact Victoria Tanner at
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