



PLEASE JOIN US FOR OUR NEXT CLASS!

This class helps elders to:

- Prevent falls
- Manage high blood pressure, diabetes, and arthritis
- Engage in social activity
- Increase activity level
- Develop strategies for independent living
- And most important, have fun

**Presented by:
Catawba Senior Center
and Wellness Program**



**For More Information
Contact:**

**Vivian Garland
Senior Center
328-2208**

**Tolani Franks, Wellness
Coordinator
366-4792 ext 241**

Mondays and Wednesdays

9:30am – 11:00am

**(First class is at Senior Center and other classes at the
Longhouse)**

Starts July 13, 2015 & goes for 8 weeks