

# Strength, Stretch & Balance

## Ages 55+



This 6-week course will go over the importance of nutrition and exercise to keep your mind and body happy and healthy! As we grow older, an active lifestyle is more important than ever. Exercise can help to improve all aspects of a senior's life, including cognitive functioning, physical strength and social interaction. Regular physical activity lowers your risk for a variety of conditions, including fall prevention, Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

[Please wear comfortable clothing, supportive sneakers and bring water.](#)

**Location Town Hall Auditorium**

**Registration Deadline 10/5**

**Minimum of 6 Maximum of 10**

**Friday 2:00-3:00pm**

**Res \$90 NRes \$120**

**Fall Session 10/12-11/16**

**Register online at [www.milfordrec.com](http://www.milfordrec.com)**

