

# Getting Started at Canoe Brook!

## Fitness 101

Dates: Wednesday, July 17, 24, 31 and August 7

Time: 1:00 - 2:00 p.m.

Price: **FREE!** Sign-up by July 15



Join Physical Therapist Margaret Waluk, Director of Rehab, and Layne Rogers, OT, from Evergreen Woods, as they take turns guiding the group in easy standing/sitting exercise moves!

This class is for anyone who knows they need to get moving and make exercise a part of their daily routine, but just need a little coaching to get in better shape. Class will meet for four consecutive Wednesdays.

*Complimentary fruit & water will be available for participants.*

Contact Nancy at 203.315.0684 or [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)