



Invite you to join

SENSIBLE FITNESS

Movement and Exercise for Older Adults

(Including those with Dementia or Alzheimer's)

Who: Caregivers and Older Adults

When: 7-week Sessions,
Fridays 9:30am – 10:20am

Where: Aging Care Connections
111 West Harris Ave., La Grange

Cost: \$56 per couple
Per 7 sessions
**Pay by class \$10.00

Please call 708-354-1323, ext. 228 to register

**PLEASE JOIN US FOR THIS INNOVATIVE, FUN
CLASS!!!**

Recent research
indicates
regular
exercise is
beneficial for:

- Loosening Joints
- Stability
- Mobility
- Strength
- Endurance
- Balance
- Digestion
- Circulation
- Sleep
- Blood pressure
- Injury Prevention
- Socialization
- Fun and Enjoyment