

"The most important things I have learned are the need to be aware of my surroundings all the time and continued exercising is so important to my well-being."

To register:

healthyaging.utah.gov 888-222-2542



Weekly classes include:

- · Low-impact recreational exercise
- Certified instructors
- Improved cardiovascular endurance
- Strength training
- Balance exercises
- Flexibility training

Physical activity classes

- Arthritis Foundation Exercise
 Program
- Enhance[©]Fitness
- Tai Chi
- Walk With Ease

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This program does not replace existing treatment.

