

## **“Staying Active Through Exercise”**

The town of Wolcott--Charles Rietdyke Senior Center is the proud recipient of a \$4,940.00 grant for 2016, to continue our exercise program called **“Staying Active Through Exercise”**, from the Connecticut Community Foundation.

Instructor, **Kim Stewart**, is a certified personal trainer specializing in senior strength training, and **Naida from Fitness Fury X-Perience LLC** is a certified personal trainer in Zumba Gold.

These exercises are geared toward seniors to help maintain & improve strength, balance, flexibility, coordination, posture, stamina & mood; helps control blood pressure, body weight & cholesterol levels and reduces stress, symptoms of anxiety & depression, the risks of hardening of the arteries, heart attack & stroke.

**Join us at the senior center to keep your body & mind happy & healthy!**

**Best of all...It's FREE!**