



Fun With Senior Fitness Instructor Training



SEEKING FUTURE INSTRUCTORS!

Want to teach fun, low-impact fitness classes & help seniors maintain their strength, balance & independence?

Become a Fun With Senior Fitness Instructor!

Training is free. Materials are provided. No experience needed.

WHEN

**FRIDAY
MARCH 22, 2024
8:30AM-1:00PM**

WHERE

**100 MERCY OAKS DRIVE
REDDING, CA 96003**

REGISTER

**TO SIGNUP:
CALL HILLARY
530-229-8469**



**HEALTHY BRAIN
INITIATIVE**



**Shasta County
Health & Human
Services Agency**

Funded by USDA SNAP and the California Alzheimer's Disease Program, an equal opportunity employer.