

FIT AFTER 50



AN EXERCISE PROGRAM TO HELP ELDERS:

Prevent Falls
Improve Balance

Increase Strength
Enhance Mobility

Class held **every Wednesday** from
11:00am-11:30am at the
Morongo Senior Center
11580 Potrero Rd
Banning, CA 92220

or via **ZOOM Every Wednesday & Thursday**
Meeting ID: 912 7820 8624
Passcode: FitAfter50

To register or ask questions call
Senior Nutrition 951-654-0803 ext. 1999

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Class held **every Thursday** from
11:00am-11:30am at the
Soboba Clinic
23119 Soboba Rd
San Jacinto, CA 92583

or via **ZOOM Every Wednesday & Thursday**

Meeting ID: 912 7820 8624

Passcode: FitAfter50

To register or ask questions call
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