



# FITNESS, FUN AND FRIENDS

Being active is an essential part of a healthy and independent lifestyle. Your local community center is offering physical activity classes for seniors this fall.

Group classes are a great way to make exercise part of your daily routine and meet new people. Classes are safe, affordable, lots of fun and are led by knowledgeable instructors experienced in working with seniors. No matter what your level of fitness, there's a class that's right for you.



*Bring this ad to a participating community center to receive a \$10 discount on any exercise class. (Some restrictions apply, expires 12/18/09.) For more information, call one of the centers or*

**1-888-4ELDERS (435-3377)**  
or visit **www.4elders.org**

## *Participating Community Centers*

**Bitter Lake  
Community Center**  
206.684.7524

**Burien Senior Program  
at the  
Burien Community Center**  
206.988.3700

**North Bellevue  
Community Center**  
425.452.7681

**Northshore  
Senior Center**  
425.487.2441



"For a Healthy Independent Lifestyle"

## *Presented by*

**Public Health**   
Seattle & King County  
Emergency Medical Services Division

## *Sponsored by*

 **Soundview**  
Medical Supplies for Home Care

## *Participating Organizations*



**Burien**  
Parks, Recreation & Cultural Services



NORTHSHORE SENIOR CENTER