

LET'S HAVE A BALL!



PLEASE JOIN US...

... for an interactive presentation about physical fitness among the senior population. This presentation will be presented by California State University, Northridge (CSUN) Public Health students, and will consist of valuable information and simple seated activities involving the use of a ball. Activities may be especially helpful for individuals with joint inflammation in their hands. All individuals are welcomed and encouraged to attend! Water and snacks will be provided!

DATE:
TUESDAY,
APRIL 11,
2017

TIME:
10 AM – 12 PM

LOCATION:
ACTIVITY
ROOM

COST:
FREE

We will be having
a **raffle** at the end
of the session!
Join us for a
chance to **win** one
of several **prizes**!