

# WORSHIP *through* EXERCISE

*- Classes for Seniors -*



**Instructor**  
Katie Bryant of  
Dunlop House

## Free 30 minute classes for summer!

Exercise is key for staying healthy as a senior. Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's disease and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity.

**Contact Katie to schedule a free "worship through exercise" class at your local church or organization. Katie will come to you, or you can have your class at Dunlop House. Call her today at 804-520-0050 to schedule your class!**



## Dunlop House

Assisted Living & Memory Care



Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981



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