

# 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!