

**Carlton Senior Living and Live 2B Healthy
proudly invite you to an interactive class:**

Ways to Keep Active During the Winter



*Live 2B Healthy owner,
Joe Bettencourt,
will be covering topics such as:*

- *The Importance of Exercise*
- *How to Stay Active During
the Winter*
- *Small Changes Can Make*

**Thursday, January 9,
2020 from
10:00-11:00 AM**

**Carlton Senior Living
2726 Fifth Street,
Davis CA**

**Seating is Limited.
RSVP at 530-564-7002**

