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