



BODY FITNESS

EXERCISE CLASSES

HELPFUL FOR PERSONS WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING
Gentle Exercise and Movement
Builds Strength and Flexibility

BEGINS January 27, 2025

INSTRUCTOR: SISTER LORETTA SPOTILA, RN

TIMES: MONDAY AND WEDNESDAY MORNINGS
10:00am – 11:00am

PLACE: Estill County – UK Cooperative Extension Office
On Golden Court (Off Stacy Lane)

There's no charge to participate, but donations are accepted and appreciated.
Suggested Donation: \$3.00 Per Class

For More Information, Call:
Interfaith Wellness Ministry: 606-723-8505