

# Senior Wellness

## Exercise, Nutrition & Fall Prevention Program



**FREE**

**Beginning June 13, 2016**  
**Free 3 Month Gold Pass Plan Provided\*\***

**FREE**

### Senior Participant Qualifications

- Wythe or Bland County Resident
  - 65 years or older
- Willing to commit to a 12 week exercise and nutrition program
- Willing to attend morning exercise sessions on Monday and Wednesday at 10am
  - Willing to attend Nutrition class on Tuesday at 10am
- Committed to weekly weigh-ins, measurements, body composition and fitness tests
  - Not eligible if you have participated in a previous Senior Wellness Program

### Application Meetings

Enrollment is limited to the first 40 participants who apply. In order to apply you must attend one of the two application meetings at the Wytheville Community Center, 333 Community Boulevard, Wytheville, Virginia. Call (276) 223-3378 for more information and to register.

**Saturday, May 21, 10am or Wednesday, May 25, 10am**



\*\*Free Family Gold Pass plan unless you already have one. Bronze and Silver will be upgraded to gold for the 3 month period.