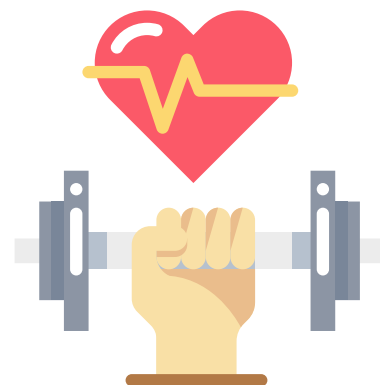


Free and Age-Friendly Strength & Stretch Exercise Class

- Enhance your overall health with strength and flexibility challenges.
- Modifications for any fitness level.



Tuesdays, 5:30-6:15pm

Bradley Room

53 Depot St, Freeport



**Freeport
Community
Services**



An Age-Friendly Freeport & Pownal activity.
For more information, contact Marie O'Donnell
at modonnell@fcsmaine.org or (207) 865-3985 ext. 222