

**St. Anthony Park Area Seniors offers:**

# **Senior Exercise Class**

**Create a routine to stay active and healthy!**

You'll practice exercises from the Arthritis Foundation to increase range of motion, endurance, mobility, and strength.



**At Lauderdale City Hall, 1891 Walnut St.  
Tuesdays from 2-3:00 pm  
Starting June 13 (8 sessions)**

**Registration is required. This class is offered at NO CHARGE!**

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Email us at [sc@sapaseniors.org](mailto:sc@sapaseniors.org) or call the office at **651.642.9052** to register.