

Senior Fitness & Fun!

Free and Open to the Public Age 60 & Older!

Exercises Anyone Can Do!

Stretching, Flexibility, Balance and Strength Building.

Stay independent for a lifetime! Reduce illnesses, while improving your health.

Nurse Provided Health Screenings:

Blood Pressures, Blood Sugars, Pulse Ox, Medication Management, Wellness Education



Battle Creek Woodland Church
Leroy Township Hall
Homer 1st Presbyterian Church
Tekonsha 1st Baptist Church
Battle Creek Trinity Neighborhood Center
Battle Creek Kingdom Builders
Athens Lighthouse Event Center
Marshall Trinity Episcopal Church
Albion Forks Senior Center
Urbandale Christ United Methodist
Battle Creek The Village at Mill Creek

Mondays
Mondays
Tuesdays
Tuesdays
Tuesdays
Wednesdays
Wednesdays
Wednesdays
Thursdays
Thursdays
Thursdays

**SIGN UP
TODAY!
CALL
269.441.0948
Press Option 2**



**Senior
Health
Partners**

The Senior Fitness and Fun program is funded by the Calhoun County Senior Millage.