

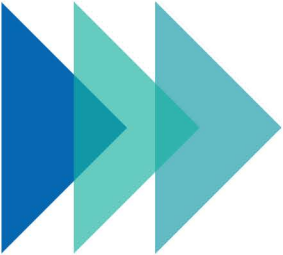
# FIT & YOUNG FOR LIFE



ST. JOSEPH  
HOSPITAL  
COMMUNITY HEALTH  
EDUCATION

## A Strength and Balance Training Program for Seniors

SUMMER SESSION  
June 6 - August 22, 2016



*This program is designed for those 55 and older who would like assistance in maintaining muscle strength, flexibility and functionality.*

### **Millette Manor Nashua**

Monday/ Wednesday

11:00am-12:00pm

### **Milford Medical Center**

Monday/Thursday

11:30 am-12:30 pm

### **St. James Methodist Church Merrimack**

Tuesday/Thursday

9:00am-10:00am

### **SJH Family Medicine Hudson**

Tuesday/Thursday

9:30am-10:30 am

### **SJH Rehab Nashua**

Tuesday/Thursday

9:00am-10:00am

***Class Fee is \$50  
& includes 20 classes  
in 10 weeks.***



***Call St. Joseph Hospital Community Health Education at  
(603) 595-3168 for more information, class locations and times.***