

Stretch & Strengthen



Warm-up the body, clear the mind and work with staff on a healthy new you. You will use stretch bands, chairs, balls and other light weight equipment to assist in this exercise program. Activities will be useful motivation tools. Staff will lead and assist with exercises. No program on Wed. Nov. 11th. 10 sessions

Activity #141200A

M&W 9/28-10-28 11-12 noon Gier

\$20 Res; \$30 Non-Res

Activity #141200B

M&W 11/2-12/2 11-12 noon Gier

\$20 Res; \$30 Non-Res

Lunch & Health

Learn more about nutrition, food labels, meal planning and healthy eating. Find what foods have great nutrition and can be used to stretch the budget. We will use a program called the Power of Choice. Food is included in the price. No program on Wed. Nov. 11th. 10 sessions.

Activity #141250A

M&W 9/28-10-28 12 – 1:30 pm

Gier

\$20 Res; \$30 Non-Res

Activity #141250B

M&W 11/2-12/2 12 – 1:30 pm

Gier

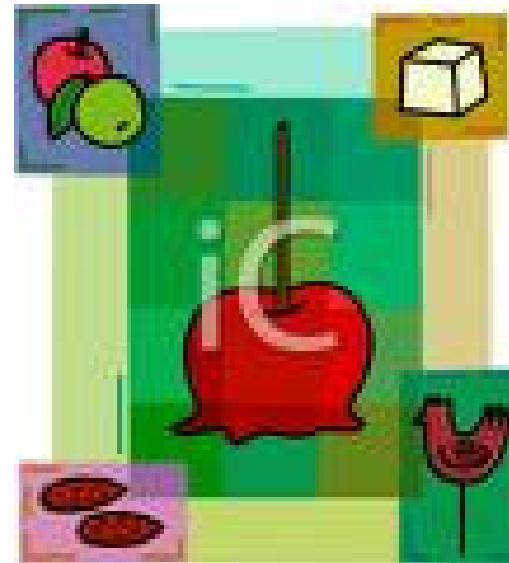
\$20 Res; \$30 Non-Res

Registration Information

To pay by credit or debit card when registering call 483.4234 or 483.4277.

Online at: www.lansingmi.gov/parks

Or at any one of our four community centers – Letts, Gier, Foster and Southside.



For more information contact the Therapeutic Recreation Specialist – Joan at 483.4291.

Check back in December for our Winter and Spring 2010 schedule of programs.