



*\*\* Health and wellness programs for community members 50+ years young!*

**Programming offered through the  
Area Agency on Aging for Luzerne-Wyoming Counties  
(570)822-1158**

\*\*Please note that all of the classes listed on the monthly Prime Time Health schedule are offered at no cost for those 50+ years of age.

If you would like to join a class, please feel free to simply go to the class and participate, unless the class is listed as "filled" on the schedule. If the class is filled, please contact Patti at 570-822-1158 Ext. 3333 for your name to be placed on a waiting list.

Some things to keep in mind:

- Always consult your doctor before starting any exercise program.
- The classes are only for those age 50+
- You must sign-in on the sign-in sheets (at the class) each time you participate
- There are evaluations that are distributed every May that you will be asked to fill out and return. Placing your name on them is optional; however it is very important that they are completed and returned in order to determine the benefits and effectiveness of the programs.
- Take your time, go at your own pace, and enjoy!!

Please contact Patti Gozikowski at 570-822-1158 Ext. 3333 with any additional questions.



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