



Area Agency on Aging Luzerne/Wyoming Counties

Health & Wellness Sponsored classes for anyone 60+

For more information contact

Harley Bobby Health & Wellness Coordinator

\*\*Please note that all of the classes listed on the monthly Health & Wellness schedule are offered at no cost for those 60+ years of age.

If you would like to join a class, please feel free to simply go to the class and participate.

Some things to keep in mind:

- Always consult your doctor before starting any exercise program.
- The classes are only for those age 60+
- You must sign-in on the sign-in sheets (at the class) each time you participate
- There are evaluations that are distributed quarterly 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 Harley Bobby at 570-822-1158 Ext. 2303 with any additional questions.



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