



Physical Activity Program

The Bristol-Burlington Health District is offering a Physical Activity Program for Bristol and Burlington residents over 18 who do not regularly exercise

- Classes are designed to build strength and flexibility
- Can be geared to an individual's age and ability

DATE OF PROGRAMS:

January 2010—April 2010

WHEN:

Tuesdays & Fridays
5:30 - 6:30 p.m.

WHERE:

Asbury United Methodist Church
90 Church Avenue, Forestville, CT 06010

COST:

\$25

TO SIGN UP: Call the Bristol-Burlington Health District at **860-584-7682**.

- You are required to provide a written medical release from your physician for program participation.
- Exercise mats will not be provided. Please bring your own exercise mats.

Program is made possible through a grant from the Connecticut Department of Public Health

Spaces available on first-come, first-served basis

