

Healthy Options Program

For 55+!



Pilates uses controlled movements to build strength, flexibility and endurance. Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core.

**Sinking Springs Herb Farm
843 Elk Forest Road
Elkton, MD 21921**

**Wednesdays, October 23-November 27, 2019
1:30 pm—2:30 pm**

Instructor: Deanie Padham

Please bring a yoga mat and a bath towel.

Registration Opens September 23, 2019

**To register, contact Judi Brubaker at
410-996-8177 or jbrubaker@ccgov.org**

**Healthy Options Program for 55+ ... No cost workshops
designed to help you get in shape and stay there!**

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