

Healthy Options Program

Senior Strength Training

For 55+!



Senior Strength Training starts with 10 minutes of warm-up exercises, 30 minutes of strength with/without weights, 10 minutes of cool down and finishing up with 10 minutes of stretching.

Elkton Parks & Recreation
219 North Street
Elkton, MD 21921

January 15, 2020—February 26, 2020
Wednesdays, 12:00 pm—1:00 pm
(no class 02/05)

Instructor: Connie Hewitt

Registration opens December 15, 2019

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

Please note: Inclement weather policy follows Cecil County Public Schools. If CCPS is LATE OR CANCELLED, classes will not be held. We will do our best to contact you via phone or e-mail.

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

Sponsored by Cecil County Department of Community Services.
Funded by a grant through the Maryland Department of Aging

