

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, March 4, 2020—April 8, 2020
1:30 pm—2:30 pm**

Instructor: Deanie Padham

Please bring a yoga mat and a bath towel.

Registration Opens February 4, 2020

**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

