











Eat Better & Move More! Nutrition & Exercise Class

FREE CLASS

This four-week class includes:

-  **Fruits and Vegetables**
-  **Calcium for Strong Bones**
-  **Fiber and Grain Fitness**
-  **Sensible Portion sizes**
-  **Rethink Your Drink**
-  **Medication Management**
-  **Shake Out the Salt**
-  **Stretching, Balance, and Flexibility Exercises**

Location: Phelan Senior Center

**Dates: May 4, 11, 18, 25
(Fridays)**

Time: 11:15 am – 12:15 pm

**FREE grip test, pedometers,
stress balls, giveaways, and
raffle prizes!**



**This program is sponsored by the San Bernardino County
Department of Aging and Adult Services and the Department of Public Health**