



Eat Better & Move More! Nutrition & Exercise Class

Helendale Senior Center

This **FREE** 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: 15350 Riverview Road, Helendale

Dates: April 9, 16, 23 and 30 (Mondays)

Time: 1:00 pm – 2:00 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