

# Forever...in *Motion*

## What it is

- An exercise program performed sitting or standing for older or physically limited adults
- Includes endurance, strength, balance & flexibility exercises

**When** ---- Fridays @10:30 a.m.

---- **Starts** Friday, March 17, 2023

**Where** --- Harbor Golf Community Centre

**Cost** -- \$2/session Friendship Club members  
-- \$5/session non members

**Questions?** Call/text Donna (306)860-8773

Sponsored by Lakeside Friendship Club