



Lifelong Involvement for Vital Elders

***MOVE TODAY:
Gentle Exercise Program***



Twelve Wednesdays

September 22 to December 8

10 to 11 AM

**Grover Cleveland Senior Center
1 Provost Square, Caldwell**

The fee for the course is \$12. Bring checks payable to JCC MetroWest to the first class. Advance registration is required, call (973) 403-0972.

Come join this 12 week gentle exercise course designed to improve balance, flexibility and well-being for older adults. *Move Today* is an evidence-based program taught by instructors certified by the NJ Department of Health and Senior Services. Resistance bands and a manual will be provided to all participants.

To register or for more information on this and other Caldwell LIVE programs, please call the Caldwell LIVE office at (973) 403-0972 or email rschoenberg@jfsmetrowest.org

Class size is limited.

Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Borough and local organizations. Support provided by the US Administration on Aging and United Jewish Appeal; funded in part through a grant from the Mountainside Health Foundation.