



March 24
@ 2 pm

Join Exercise Physiologist,
Robert Schmelzer
to discuss cardiovascular,
strength and flexibility exercise. As well
as ways to get back into exercise or
getting started for the first time!



MAKING THE MOST OF EXERCISE

Exercise and physical activity are a proven integral part of a healthy life and are effective prevention and treatment of countless medical conditions.

We all know we should be doing more but there are so many options and so much information, where to begin? Join this discussion on how to make the most of your exercise and physical activity choices to maintain your health and enhance your independent living.

RSVP to Ann

ann@thriveathome.org or 203-309-1124

Zoom login information will be sent once you register. This is a virtual program.

HomeHaven

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