



Walking/Balance Program



May 23, Kick Off

Nutritional Eating
presentation by Lea
Goldsmith- Maximize
Fitness, owner and
Sponsor

Tuesday's May 23- June 27

9:00 – 11:00 am

FREE

Six week program

9 am: Check In and 10-15 minute talk

9:15 am: Blood Pressure, Heart Rate

9:30-10:30 am: Walk South Central Trail

10:30 am-11:00 am: Senior Center- Fitness Station Demonstration and
ending Blood Pressure, Heart Rate

Refreshments, gifts, and healthy fun mornings!



MAXIMIZE
FITNESS
ALL DAY • EVERY DAY

To register for the six week program call the North
Ridgeville Senior Center 353-0828.