



Wellness Tip of the Week

with the Area Agency on Aging District 7

Time to Exercise!

When you are physically active and exercise, you improve your strength, flexibility and endurance.

Exercise can also reduce your risk of falling and lessen feelings of stress, anxiety and depression.

Learn how exercise is incorporated as a part of some of our wellness programs by signing up for

a class today! To learn more about what programs are currently available, call us at 1-800-582-7277 or e-mail info@aaa7.org.