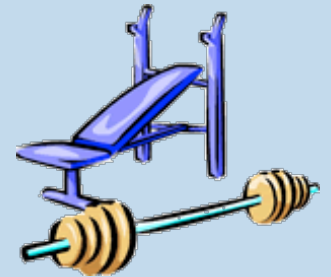


Learn How to Use The Gym Equipment

For Safety and Enjoyment

MONDAY, AUGUST 5TH AT 10 AM IN THE GYM



Michelle Dela Rosa, PT, DPT (daughter of a resident) has been in our gym and was concerned at the number of people not using the equipment properly and risking injury. Michelle has generously offered to come and show the community how to safely use all the gym equipment. We also have two brand new pieces of equipment.

Learn how to use them correctly

If you have any questions, please contact:

Rosanne Banghart 223-0059 or Eileen Rohleder 223-3909

A handwritten signature in cursive script that reads "gbc".