

Live & Thrive with Exercise!

Join Heath Village residents to celebrate National Senior Health & Fitness Day!

Grab Your Sneakers and join Heath Village residents for a 60-minute *Healthy Motion* fitness class, one of our many fitness classes offered at our community.

This movement-oriented class, concentrates on stretching, mobility, and balance. Open to all abilities, it will include light exercises and stretches that are completed with body weight only, no equipment. A portion of the class is conducted seated in a chair and a portion standing using your chair to assist with balance.

Modifications will be offered for each exercise.



Tuesday, May 28th
1:30 pm - 3:30 pm

Prior to the exercise class, guests will be offered an overview of Heath Village. Attendees will learn about our various levels of living and unique “pay-as-you-go” flexible financial plan and maintenance-free resort style living.

Tours will be available upon request following the fitness class.

Light refreshments will be served.

RSVP is Required. Please call 908.684.5009



HEATH VILLAGE
A UNIQUE RETIREMENT COMMUNITY