

MOVEMENT AS MEDICINE

Please take advantage of this unique opportunity to learn from staff of Ringwood businesses who are promoting health and wellbeing in Ringwood!

Feb10-

12:00 Deliberate Fitness- Strength Training for the aging

Feb 11-

11:15am Ringwood Physical Therapy -Cardiotherapy

1pm Struck Fitness- Strength Training for the aging

Feb 13-

1-3pm-Revitalize Physical Therapy –

Functional Assessment-Test of strength and balance

Signups Required

-Aurvedic Day Spa- shoulder massages while you wait

Contact Jeannette Davison for registration

973 962 4343

All events will be held in the Ringwood Community Center