



Join the Feeling Fit Club!

Are you 60+ and want to stay independent?

Never exercised? – No problem!

Improve your balance, strength, flexibility and have FUN. All levels are welcome!

Class starts: Monday, January 26th

****FREE**
New Class**

**El Cajon
Salvation Army**

1011 East Main Street
El Cajon, CA 92021



**Mondays and Wednesdays
10:00 am – 11:00 am**

**See your progress – more details at class
Call: (858) 495-5500 ext. 3**



A program of the County of San Diego, Health and Human Services Agency, Aging & Independence Services



Aging & Independence Services, in partnership with Access to Independence, is recognized as an Aging and Disability Resource Connection

For information about additional programs and services, contact the
AIS Call Center

1-800-510-2020

1-800-339-4661

Outside San Diego County

www.sandiego.networkofcare.org/aging



**LIVE WELL
SAN DIEGO**