



# health

*Sponsored by Back in  
Line Family  
Chiropractic &  
Wellness.*



Questions?  
Call 892.3363

## Fitness for your SILVER YEARS



Did you know...

That moderate exercise can lead to

- INCREASED ENERGY
- PAIN REDUCTION
- INCREASE IN CONFIDENCE
- IMPROVING POSTURE
- INCREASED FLEXIBILITY
- IMPROVED MENTAL HEALTH
- GREATER PHYSICAL STRENGTH.

MONDAYS FROM 9:30-10:30am Starting March 1<sup>st</sup>  
ENJOY a 6-week work-out program sponsored by Back in Line Family Chiropractic and Wellness. Dr. CJ Kleene and personal trainer Julie will share exercise work-outs, fitness and nutrition tips that you can start using around your own home. This program is designed for 50+ participants and focused on improving your health!