

FREE
Bend & Stretch Clinic
for Older Adults

Mondays, from 10:15-11:15 AM

MARCH 8 – APRIL 12

The Academy

Sackett Hill Road, Warren

“Bend and Stretch is fantastic! The instructor and the music make it very enjoyable. We seniors have a very good time!”

– a local participant

**Call 1-800-752-0215 or 860-567-6000 to
register**

Offered by VNA Northwest, Inc.



Since 1928

Where the Care Comes to You