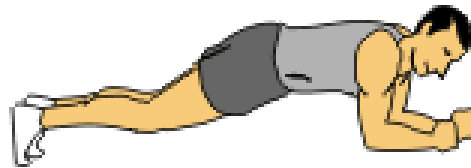


Senior Health & Fitness Program Presents:  
*Health & Fitness Lecture Series*



Topic: “Basic Core Strengthening Exercise for the Older Adult”

Speaker: William Mahalchick, PT, DPT, OCS  
Hunterdon Sports and Physical Therapy

Date: Monday, February 27, 2017

Time: 11:30 am

Place: Senior Center (Room 5a)  
4 Gauntt Place  
Flemington, NJ

To register, call Eleanor at (908) 284-6128  
No Charge!

Must be a Hunterdon County resident 60+ to participate  
Sponsored by Hunterdon County Division of Senior, Disabilities & Veteran Services