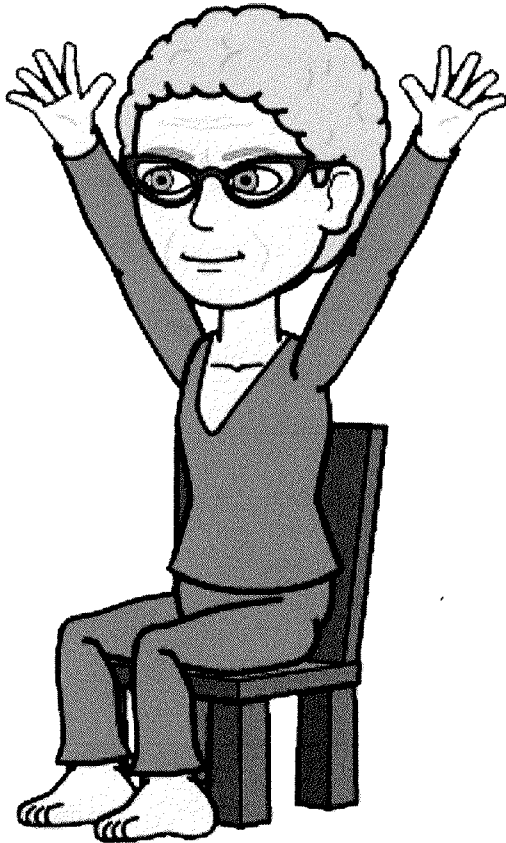


Seniors' Stretch and Strengthen starts Friday April 11, 2014



Fit seniors can easily maintain the posture, range of motion, tone, and energy as their 30-year-old counterparts when they exercise on a regular basis. The secret to youthful bodies? Muscle strength and flexibility.

Expanding in Sandy Hill: A stretching and strengthening program for seniors that improves posture and balance, and helps to prevent falls.

Classical Stretch for Seniors

When: Fridays, 9:30 am, Apr 11-Jun 20 (10 weeks)

Where: St Paul's Eastern United Church, 473 Cumberland St.

Who: Amanda Sterczyk, Certified Classical Stretch Instructor

Classical Stretch/Essentrics is the ultimate dynamic stretching program that stretches and strengthens your entire body in continuous rotational movements. This unique program increases flexibility, unlocks tight muscles, and relieves joint pain. Visit essentricsottawa.com for more info, or email Amanda directly at classical.stretch.ottawa@gmail.com.

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