

Special Joint Meeting

Sponsored by MCTransitions and Transition Times

Fun Time: Anyone, At Any Age, Can Exercise!

A fitness and wellness program designed for all ages and abilities. Fun exercises you can do to your favorite music, even from a chair, consisting of movements that are natural - no need for choreography - focusing on mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. Learn tools to exercise with lifelong comfort and ease, increasing the ability to respond, recover, and react efficiently and safely. Feel free to bring your family members and have fun together!

Presented by

Karen Haseley

CTRS, Certified Ageless Grace Educator

RSVP Required:* When registering for this workshop, please tell us a few of your favorite songs and/or favorite genre of music- we will try incorporating it to the exercise.

Wednesday, September 10, 2014

7:30-9 pm

The Arc Montgomery County

11600 Nebel Street, Rockville, MD 20852

(directions on next page)

*For registration and questions, please contact:

Reda Sheinberg, MCTransitions, 301.385.5889, Reda.Sheinberg@MCTransitions.org

Haydée De Paula, Family Services Liaison, The Arc Montgomery County, 301.984.5777 x1275, HaydeeD@arcmontmd.org

Melissa Wyman, Program Coordinator, Potomac Community Resources (PCR), 301.365.0561, mwyman@pcr-inc.org

For more information about topics and speakers for each month, visit:

www.thearcmontgomerycounty.org/supportgroups/transition-times

www.pcr-inc.org/community-resources/transition-times

www.mctransitions.org

