



# seniors in motion

Health & Fitness Program

Focusing on strength, mobility and flexibility in a supportive and fun group atmosphere

**Free Month  
of Classes  
with this ad**

Call for more information about current classes  
or to schedule this program at your facility

Janet Kelly, R.N., L.P.C.  
Group Instructor  
[www.seniors-in-motion.com](http://www.seniors-in-motion.com)

832-435-5177

<http://www.TradersIsland.com>