



Function Junction



Focus on **functional fitness** by doing exercises that help with activities of daily living and maintaining independence!

In this class, we will improve coordination, enhance muscular elasticity, and do drills to improve balance. We'll work on both strengthening and stretching muscles to improve posture and mobility.

Six week program starting Friday, December 13h at 9:00am at the Holland Street Center

For more information and to register contact Michelle at 617-625-6600 x2315



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.