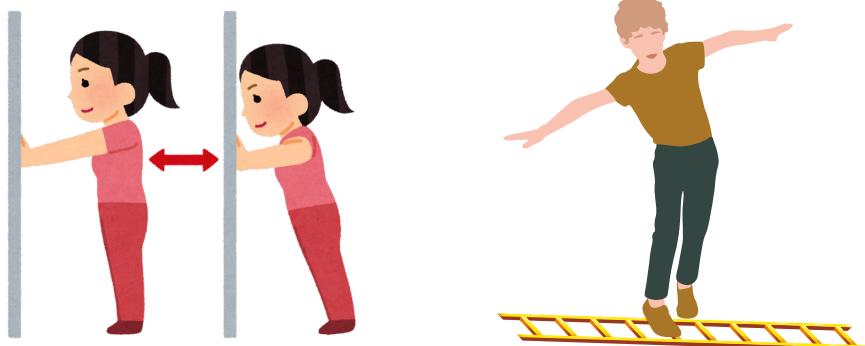




Function Junction

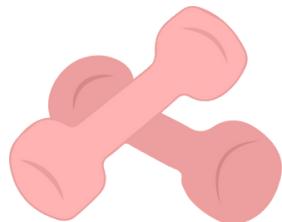


Focus on **functional fitness** with exercises that help with activities of daily living and maintaining independence!

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



**Six week program on Friday,
February 6th, 13th, 20th and 27th
and March 6th and 13th 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 languageaccess@somervillema.gov

or call 311 (617-666-3311) at least 7 days in advance of this event.