



# 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.

**Friday, March 6th, 13th and 20th 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](mailto: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](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.