

Somerville Council on Aging

Ageless Grace Exercise Program



Ageless Grace is a fitness and wellness program consisting of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements, focus on the healthy longevity of the body and mind.

March 9th & 23rd

April 6th & 20th

May 4th & 18th

June 8th & 22nd

1:00 pm

Join us via Zoom.

<https://us02web.zoom.us/j/81069628401?pwd=ajU3MktOTEV0ZWhzSytmVUt6VDhodz09>

Please contact **Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov** with any questions or for additional information.