

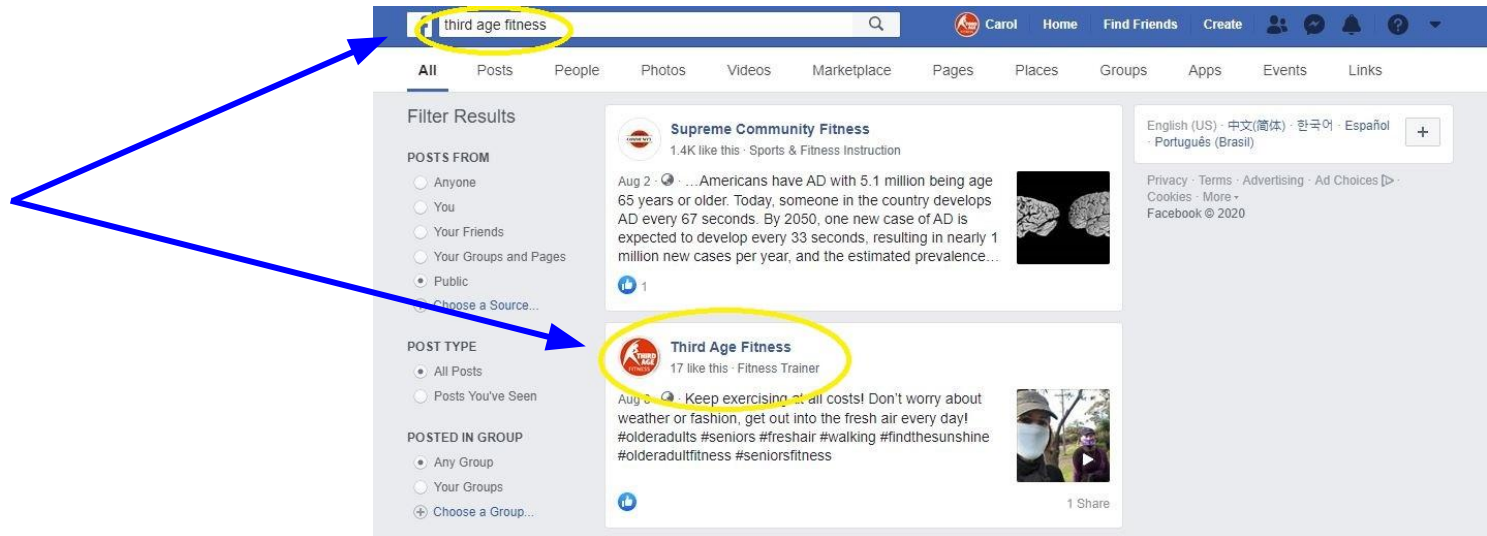
INSTRUCTIONS - Follow Third Age Fitness on Facebook



Step 1: Visit <https://facebook.com>. Sign in with your login and password.

Step 2: In the search box, type in 'Third Age Fitness' and press Enter.

Step 3: Click on Third Age Fitness.



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Step 4: Click on 'Like' and 'Follow', to get all our videos and updates automatically in to your News Feed.

FOLLOW

LIKE

