



Fun With Senior Fitness Instructor Training



SEEKING FUTURE INSTRUCTORS!

Want to teach fun, low-impact fitness classes & help seniors maintain their strength, balance & independence?

Become a Fun With Senior Fitness Instructor!

Training is free. Materials are provided. No experience needed.

WHEN

FRIDAY
MARCH 22, 2024
8:30AM-1:00PM

WHERE

100 MERCY OAKS DRIVE,
REDDING, CA 96003

REGISTER

TO SIGNUP:
CALL HILLARY
530-229-8469



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Shasta County
Health & Human
Services Agency