

SIT AND BE FIT

Low
IMPACT
EXERCISE
DESIGNED
for
SENIORS



A Fig Garden Library staff member will lead the Sit and Be Fit class using the DVDs developed by **Mary Ann Wilson, RN.**

Contact **Fig Garden Regional Library** at **600-4071** to register for the sessions.

Thursdays 11:30am -12:30pm

January 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26



Fig Garden Regional Library

3071 W. Bullard Ave. | 600-4071
www.fresnolibrary.org

