



# THURSDAYS

## STAY ACTIVE FOR LIFE CLASSES

### Be Balanced, Active, Independent, Healthy

We deliver a balanced approach by incorporating stretching, strengthening, balance training and eye coordination. These are essential elements in renewing, improving or maintaining an active and independent lifestyle. With 28 years' experience, Dr. Patterson will also share tips on conditions such as arthritis and the varying nutritional needs for those over 50.

**Be the Best that You Can Be !**

HELD AT  
TOMAHAWK RIDGE  
COMMUNITY  
CENTER  
(119<sup>TH</sup> AND LOWELL)

NEW CLASS  
STARTS  
JANUARY 12<sup>TH</sup>  
9:30-10:30 AM

CONTINUING CLASS  
10:30-11:30 AM

COST: FREE

FOR SENIORS OR  
THOSE OVER 50

[OVERLANDCHIROPRACTIC.COM](http://OVERLANDCHIROPRACTIC.COM)

CALL OVERLAND  
CHIROPRACTIC TO  
REGISTER

**913 345-9247**

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Dr Robert Patterson D.C.