



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
(119TH AND LOWELL)

NEW CLASS
STARTS
JANUARY 12TH
9:30-10:30 AM

CONTINUING CLASS
10:30-11:30 AM

COST: FREE

FOR SENIORS OR
THOSE OVER 50

OVERLANDCHIROPRACTIC.COM

REGISTER

STAYACTIVEFORLIFE.COM

OR CALL

OVERLAND CHIROPRACTIC

913 345-9247

Dr Robert Patterson D.C.