

No time to go to the gym? Not a fan of running outside? No problem! Join Extension Educator Jenny Lobb to learn ways you can incorporate exercise into your day from the comfort of your own home.

NO GYM NO PROBLEM

Friday, October 22nd | 10-10:45AM
CD4AP Connection Center
911 Parsons Ave.

Questions? Contact Jess at 614-445-7342 ext. 112 or
jgrady@4allpeople.net

PARTICIPANTS CAN SHOP IN THE MARKET RIGHT AFTER CLASS!