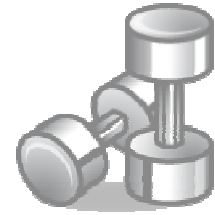


Deerfield Parks & Recreation

*Deerfield Community School & Parks and Rec.
are teaming up to bring you.....*

Living Strong Exercise Program



Begins Monday, September 14th @ DCS

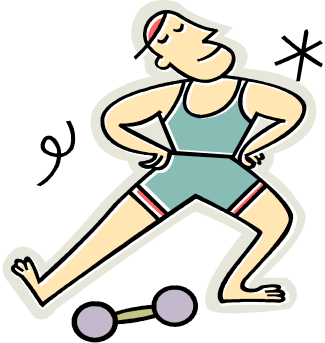
Program will run every **Monday & Thursday** from **4-5 P.M.**

The Living Strong Exercise program is a community based exercise program for older adults. The Living Strong Exercise program will include moderate-intensity strength training, balance, & flexibility exercises.

The Living Strong program includes:

- **Strength Training exercises using adjustable ankle weights (up to 20 lbs.), dumbbells, and body weight to target major muscle groups of the whole body**
 - **Stretching exercises to enhance mobility and range of motion of major joints**
- **Balance exercises to focus on improving kinesthetic awareness, static and dynamic ability**

FREE Program!



Most exercises are performed while seated in a chair or standing with the use of a chair or wall for support. Exercises are progressive and have levels of difficulties to accommodate a wide range of fitness abilities. Participants are encouraged to increase the amount of weight they lift as they become stronger over time.

Donations are accepted

Limited Enrollment– sign up today!

All participants MUST get a medical release form signed by their doctor in order to participate. All forms are available at DCS, Parks & Recreation, & through our website. Forms need to be handed in before start of class on October 6th.

For more information contact Louise Matteson at 463-7422 or Parks & Recreation at 463-8811 ext. 305
You can also email dflparks@townofdeerfieldnh.com.
To download forms please visit www.townofdeerfieldnh.com