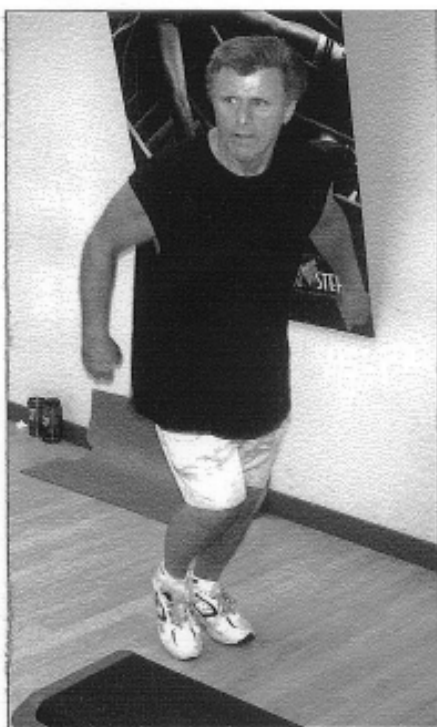


TESTIMONIAL

from Leland Searles

"My doctor told me in August of 2005 that I was a borderline diabetic, and if I didn't change my ways I would be insulin dependent. I had been on medication for several years for high blood sugar."



"I joined the gym in September of 2005. I've lost 31 pounds, and I'm completely off the medication for blood sugar."

"I've also suffered from migraines that I took medication for. Now I hardly ever take the medication, and I rarely have migraines. I feel stronger and healthier than I ever have in my life!"

— *Leland Searles*

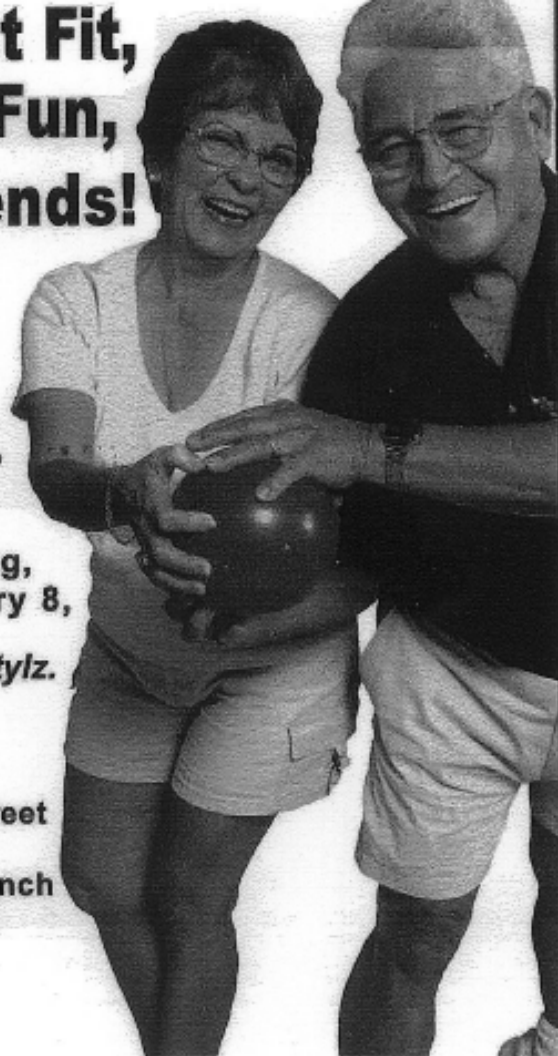
Get Fit, Have Fun, Make Friends!

You are warmly invited to the debut of the **SilverSneakers® Fitness Program**

**Monday morning,
January 8,
at Fitness Stylz.**

Event Schedule

10 a.m. - Meet & Greet
10:30 a.m. - Class
11:30 a.m. - Lite Lunch
Provided for Class
Participants



The SilverSneakers®
Fitness Program



SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

FREE Admission! Bring your friends!

**Fitness
Stylz**

www.FitnessStylz.com

17 Depot Street,
Livermore Falls
897-5978

Our Next Wine Tasting

Friday, January 26 at 6pm in the event room

6 Course Dinner

Featuring

Wild Mushroom Ravioli,



Sea Scallops Au Gratin & Prime Rib

\$50 per person (gratuity not included) Reservations Required

Carriage House Café

FINE DINING & SPIRITS

Route 4, Livermore, Maine • 897-5880

