

2007 in Review

January

Silver Sneakers debuts on Monday, January 8th, with Muscular Strength and Range of Movement class.

February

Leslie Bull wins Les Mills International BODYPUMP Success Story contest. Fitness Stylz launches new Les Mills releases February 10.

March

At the Quarterly meeting in New York, Joyce Goding, Lasmine Castonguay,

and Leslie Bull are invited to share the stage with Les Mills presenters.

Silver Sneakers Open House is held March 10th. Leeanna's Crazy Hat Day is observed March 31st.

April

Tom Roy is guest speaker at Chamber of Commerce meeting.

May

Fitness Stylz members and staff walk for the March of Dimes on May 6th. Brave souls participate in the Sky Dive New England trip.

June

Livermore Falls Girl Scouts present a 30-minute workout on June 10th. *Silver Sneakers* debuts Yoga Stretch program on June 15th. Massage service comes to Fitness Stylz. On June 20th, there's a *Silver*

Sneakers Silver Screen Movie Matinee.

July

New Les Mills releases introduced with a "Patriotism" themed launch on July 14th.

August

Ken and Allison Parker tie the knot on August 11. Cole Jamison is born to Andrea and Jeremy Richards. Eddie



DeVaughn visits from Baltimore, August 23-25 and presents a BODYATTACK demo. The Livermore Falls

Field Hockey team gets an introduction to BODYCOMBAT, August 28-29.

September

Jim Flagg marries Sarah Longstaff on September 1st. *Silver Sneakers* holds a Luau September 5th. Staff members



visit the Les Mills Quarterly in Boston. On the same day, Dr. Patrick Keiran marries Jill Coffren.

October

Joyce and Tom Goding welcome their new son, Luke, on October 6. Hardy souls enjoy a Whitewater rafting trip on October 7th.



New Les Mills releases are introduced with a Halloween theme, followed by a costume party at the AmVets on October 20th.

November

Silver Sneakers participants get Da Capo line dancing lessons on November 7th. The Wildcats are introduced to BODYCOMBAT with Jasmine on November 12th.

December

Staff and members enjoy the annual Christmas Party on December 1.



In the uncensored photo (above) Louis Chabot shakes his groove thing inside a Circle of Sirens.



On New Years Eve, Eddie DeVaughn returns with a BODYATTACK demo class, and Leslie Bull leads over 40 members into 2008 with a special BODYPUMP class, followed by a food buffet.

2007 was a fun and busy year! We're looking forward to all that 2008 brings.



KEIRAN CHIROPRACTIC, P.A.

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