

H E A L T H Y
H E A R T

Social

The Healthy Heart Social was held on February 11th at 10:00 am featuring the Muscular Strength/Range of Motion class with guest instructor Chris Guild and a Social after class. We asked the members to wear a red shirt and bring in healthy recipes. Each member who brought in a recipe and wore a shirt was entered into several raffles provided by Doug McFarland, our Maine Account Manager for SilverSneakers. Everyone enjoyed great food and a game of Bingo. Jasmine Castonguay will be collecting the recipes in a book to give to the SilverSneakers members.



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FULL MENU

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