

The Silver Sneakers[®]

Fitness Program



The nationally acclaimed SilverSneakers program is coming to Fitness Stylz in January! SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health through customized SilverSneakers classes designed exclusively for seniors who want to improve their strength, flexibility, balance and endurance. The award-winning SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

SilverSneakers classes will be scheduled in the middle of the day and will be available for free to seniors with participating health insurance plans. Class instructors will include Tom Roy, Jasmine Castonguay, Chris Guild and Leslie Bull. For more information, see Jasmine Castonguay.

SilverSneakers is not affiliated with Les Mills International



Happy Birthday to...

- Wednesday, November 1:** Sue Biliouris, David Hathaway
Thursday, November 2: Dillon Newcomb
Sunday, November 5: Brianne Lovewell
Monday, November 6: Betty Frazier, Joan Haeger
Wednesday, November 8: Louise Castonguay
Friday, November 10: Debra Kendall
Saturday, November 11: Pierre Castonguay, Jeffrey Rubin
Sunday, November 12: Robert Bennett
Monday, November 13: Gayla Drake
Wednesday, November 15: Mary Floyd
Thursday, November 16: Crystal Pineau, Deb Walsh
Friday, November 17: Sherry Given, Sarah Judd, Tarah Judd
Monday, November 20: Gavin Smith

Fitness Stylz **FIT NEWZ**

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with *your* news: LeslieLBull@yahoo.com

KEIRAN CHIROPRACTIC, P.A.

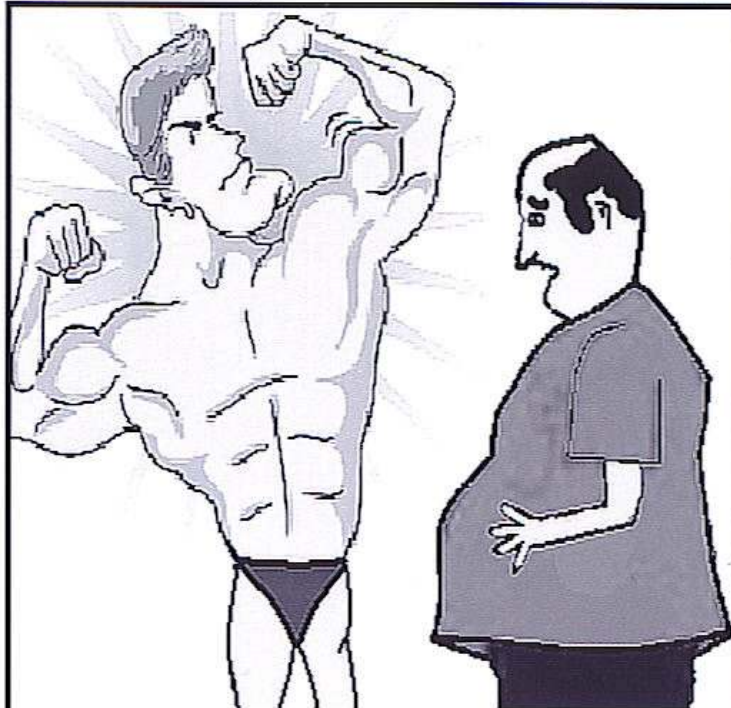
Chiropractic can improve your overall well-being and performance.

Release your potential.

1 Depot Street ~ Livermore Falls ~ 897-2332

Gym Dandy

by Esby



I don't get it! Why settle for a 6-Pack when you can have a KEG?