



## Millbury Stretch, Strength and Balance

6-week Program on Wednesdays

January 22 to March 4, 2020 (skipping February 19)

2:30 – 3:30 pm or 3:45 – 4:45 pm

High School Media Center

### Free Telephone Coaching

Want to lose weight, improve fitness, reduce stress or some other health or wellness goal? [Click](#) to learn more. Only for MIIA/Blue Cross members.

## Tone Your Entire Body

Have fun moving while improving your strength, balance, and flexibility. “SSB” is a low-intensity program designed for beginners and exercisers who have taken a break and are ready to jump-start their fitness program. Classes include light stretching that helps to prevent and combat arthritis. Participate in various balance exercises that help improve strength and prevent falls. Strengthening exercises are performed with resistance bands as well as one’s own bodyweight.

- Free program open to all **Town of Millbury** employees and their spouses
- All levels of experience are welcome
- Please wear comfortable work out attire and bring a water bottle and mat to class

**Leader:** Jean Gillis, Certified Group Exercise Instructor

**Registration:** Please register by January 15 with Mary Harrington at [mharrington@mma.org](mailto:mharrington@mma.org) or 617-426-7272 x278 and indicate which session you will be attending. MIIA/Blue Cross members have priority in registering when space is an issue. Please let Mary know if you are a MIIA/Blue Cross member. Only MIIA/Blue Cross members are eligible for prizes or awards.

