

# prime time exercise

## a six week series for age 50+

The Winter Haven Public Library is hosting a free, 6 week Prime Time Exercise fitness series. The program will be presented by Health Concepts, a local wellness company who specializes in the 50+ population.



### Better Balance, Mindful Breathing & Restorative Stretching

Begins October 2, then Mondays at 1 p.m.

Improving your balance, coordination, and flexibility can help you move with confidence and reduce your chances of falling, no matter your age. Learn to breath fully, calm your mind and feel able! Class begins with warm up and balance followed by mindful breathing and restorative stretching.

\*Mindful Breathing and Restorative Stretching will be primarily seated. Bring a small cushion for comfort.

### Exercise Express (seated or standing...your choice)

Begins October 6, then Fridays at 9:30 a.m.

A combination of heart pumping cardio, strength, and gentle stretching with cool down. Improve your stamina and increase your range of motion in shoulders, hips, and knees.

Space is limited. Registration is required at [whplfitness.eventbrite.com](http://whplfitness.eventbrite.com)

Questions? Contact trainer, Kristie Renardson at 863 651-9580



Health Concepts  
Wellness For All

WINTER HAVEN  
The Chain of Lakes City