



Mystic Valley
Aging Services



LET'S MOVE!

A FREE FITNESS CLASS

Mystic Valley Aging Services invites caregivers to participate in safe, practical, and functional exercises guided by Coach Julio.

Open to family caregivers and their loved ones



Thursday, September 3 10:30 a.m.



Wakefield Council on Aging 30 Converse St.



No signup needed Join us!

**Coach
Julio Salado**

Coach Julio is a certified trainer with extensive experience working with older adults.

