

Elder Exercise

at Brookston Community Center

ALL ELDERS WELCOME

Looking for a joint-safe,
low-impact workout?

No need to get on the floor, we
use chair and standing exercises!

Improve circulation, lubricate
joints, improve balance, core
strength and much more.

Exercise while having fun and
making friends!



Fridays (expect for holidays)

Brookston Community Center

8200 Belich Road

Time: 10:00 AM - 11:30 AM

*Nutritional snacks and monthly incentive for
perfect attendance.*

For more information, call Deb at 218-878-2130.



Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department