



Fruitland Township
White River Light Station Museum

Fruitland Township E-News

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www.fruitlandtwp.org

Township Board
Jeff Marcinkowski, Supervisor
Breann Fagan, Clerk
Debbie Pachman, Treasurer

Trustees
Vicki Graham
Mike Holman
Marcia Jeske
Lori Lundell

August 15, 2022

AGEWELL SERVICES EXERCISE CLASS



Fruitland Township

Summer 2022

Chair Yoga—Exercise Class

This class will guide you through a safe and gentle series of exercises to improve relaxation, flexibility, strength, range of motion, mental focus and breathing.

The entire class is done in a chair.



Pre-registration is required for event participation as space is limited.

Please call Renee (231) 733- 8641 to register.

To take advantage of this program you must be a

Muskegon County Resident and 60 years or older.

Made Possible By:



AgeWell Services of West Michigan | 560 Seminole Rd. Muskegon, MI 49444
(231) 672-0159 | www.agewellservices.org