

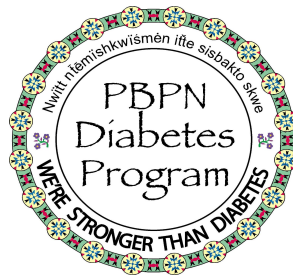
# Coming Soon

at the  
**PBPN Health Center**

**Tuesday, May 7<sup>th</sup>**  
**4:45 – 6:15 pm**

## Healthy Knees with Hip Strengthening & Stretching Exercises

*Easy exercises & basic body alignment will  
be taught in this fun healthy movement class.*



*Please consult your doctor before attending this class if you have any serious health issues.*