



**All
Adults** Are Invited

STAY ACTIVE & INDEPENDENT FOR LIFE

Strength and balance fitness classes available through WHMC



**WHITMAN
HOSPITAL &
MEDICAL
CLINICS**

Hill Ray Plaza Colfax

Monday / Wednesday

10-11am

LaCrosse Methodist Church

Tuesday / Thursday

9-10am

Classes are taught by trained and certified
WHMC instructors.

Call 509-397-5733

for more information.

1200 W. Fairview St., Colfax

www.whmc.org