

# *Are you suffering from the “Winter Blues”?*

**THE LAURELS OF SANDY CREEK** is partnering with Leisure Life Senior Group to bring you an event that *will get you up, moving and feeling great!* Join us for some low impact stretch band exercises while we listen to some relaxing music, learn about how to have “Better Balance” and enjoy lunch sponsored by The Laurels of Sandy Creek.

**Date:** Tuesday, March 19th

**Time:** 11:30am-1:00pm

**Location:** Wayland Christian Reformed Church  
303 E. Elm Street - Wayland, MI

*Sponsored by: The Laurels of Sandy Creek*



**Please RSVP by March 15<sup>th</sup>**

**Contact Shannon at**

**269-509-6363**