

Ageless Grace

Anti-Aging Exercise Program



Monday, September 17th @ 3PM

The Ageless Grace program -- **21 Simple Tools for Lifelong Comfort and Ease** -- can be done by almost anyone of any age or ability. All exercises are designed to be practiced in a chair, and there is no need to learn any special choreography. Each of the 21 Tools focuses on different anti-aging techniques and are designed to promote the “three Rs” - the ability to respond, recover, & react efficiently.

These classes will be taught by instructor Colette Gallian of the Ageless Grace exercise program.

Registration is Required

To register, please call 708-687-3700 or visit our website calendar at <http://acornlibrary.org/calendar>



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