



# Join the Feeling Fit Club!

Are you 60+ and want to stay independent?

**Never exercised? – No problem!**

Improve your balance, strength, flexibility and have FUN. All levels are welcome!

**Class starts: Monday, February 2<sup>nd</sup>**

**\*\*FREE\*\*  
New Class**

**Vista Library**  
700 Eucalyptus Ave.  
Vista, CA 92084



**Mondays and Thursdays**  
**8:45 am – 9:45 am**

**See your progress – more details at class**  
**Call: (858) 495-5500 ext. 3**

A program of the County of San Diego, Health and Human Services Agency, Aging & Independence Services



Aging & Independence Services, in partnership with Access to Independence, is recognized as an Aging and Disability Resource Connection

For information about additional programs and services, contact the  
**AIS Call Center**

**1-800-510-2020**

**1-800-339-4661**

*Outside San Diego County*

[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)



**LIVE WELL  
SAN DIEGO**