



The 30th Street Senior Center and the Community Living Campaign invite you to join the Always Active exercise group. This wellness program is designed to provide seniors in the local community a chance to enhance their well-being through Strength and Flexibility classes.

WHEN: MONDAYS AND WEDNESDAYS

TIME: 9:45 – 10:45 AM

**WHERE: BETHEL CENTER –
2557 ALEMANY BLVD, SAN FRANCISCO**

* To participate must be 55+ years and enrolled in the program

For more information please contact

Jean Grady at (415) 550-6003, jgrady@onlok.org

Or at Glenda Hope at (415) 585-4636

