



Wellness Program

The Jewish Home for the Elderly
Outpatient Rehabilitation Center
One Post Road, 3rd Floor
Fairfield, CT 06825

- \$7 per class
- 4 classes for \$25
- 10 classes for \$50
- Gym membership \$50 per month
- Discounted gym membership for \$25 per month for one year with a purchase of 10 classes for \$50

Classes include:

“Healthy Hips & Knees”

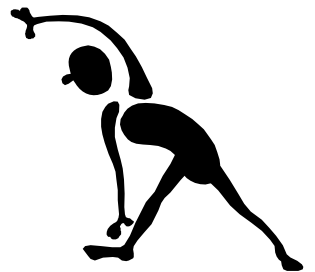
Offered on Tuesday and Thursday at 1:30 pm

“Buddies Bend & Balance”

Offered on Tuesday and Thursday at 2:15 pm

“All systems go! Metabolism booster”

Offered Monday, Wednesday and Friday at 1:30 pm



Call **203.365.8454** for more information and to sign up now!