

BODY RECALL

Anderson County Health Department invites you to join their upcoming Body Recall program.

What is Body Recall?

A safe, tested program of gentle movement designed specifically to increase strength and flexibility.



When:

Tuesday, Wednesday and Thursday

9:30am - 10:30am

Beginning January 24th and ending March 29th

Where:

Anderson County Health Department Community Room
(1180 Glensboro Road)

The program is *free* to the public. There is *no registration required*. The class will be conducted on a first-come, first serve basis. We hope to see you there!



ANDERSON COUNTY
HEALTH DEPARTMENT



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Welcome to Body Recall! Below you will find information pertaining to this new session of Body Recall.

Start Date: Tuesday, January 24, 2012

End Date: Thursday, March 29, 2012

Class Days: Tuesday, Wednesday, Thursday

Time: 9:30 AM – 10:30 AM

Location: Anderson Co. Health Dept.
Community Room

1180 Glensboro Road

Phone: 502-839-4551 x1110

Instructor: April Thomas, MPH

SNOW POLICY:

If Anderson County Schools are closed
Body Recall will be cancelled for that day.

If you have questions about a class cancellation, please feel free to call the Health Department or use your own judgment.



**The instructor may need to cancel or reschedule certain classes. If there are any cancellations or rescheduling times (in the event of illness or weather) your instructor will notify you as soon as possible.*