



ANDERSON COUNTY
HEALTH DEPARTMENT



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

Start Date: Tuesday, April 24, 2012
End Date: Thursday, June 28, 2012

Class Days: Tuesday, Wednesday, Thursday
Time: 9:30 AM – 10:30 AM
Location: Anderson Co. Health Dept.
Community Room
1180 Glensboro Road

Instructor: April Thomas, MPH

Contact Info: 502-839-4551 x1110
april.thomas@ky.gov

The following class dates are cancelled:

- Thursday, May 10th
- Thursday, May 17th
- Wednesday, May 23rd
- Thursday, May 24th
- Tuesday, June 12th
- Thursday, June 21st

**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.*

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!



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