

Let's Move Safely

Medical Alert



Presented by:
Shari Asher,
Aurora BayCare
Medical Center

Thursday, Aug 8, 2024


3 - 4 p.m.

In person at ADRC

300 S Adams St, Green Bay

Join us to learn about safe ways to exercise through stretching, strengthening, and aerobic activity. We will review upper and lower body stretches as well as strengthening exercises. You will also learn how to keep yourself safe by learning the warning signs for when to seek additional care.

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.
Space is limited.
Call ADRC
(920) 448-4300 to register.