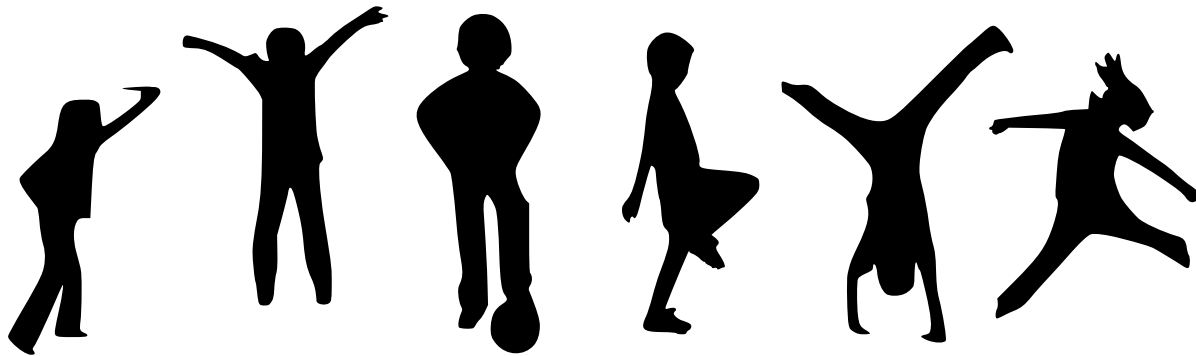


Exercise 101



Join our Free Program

May 11th at 1:00pm

Learn the foundations of exercise and how the body works through movement!

We welcome all abilities.

31516 Winterplace Parkway

Salisbury, MD 21804

www.Bayareacil.org

Call Ashley Conroe, Health and Wellness Coordinator,
(443) 260-0822 Ext. 2779 to learn more.