KICK OFF EVENT:

LEARN ABOUT SENIOR PROGRAMMING AT DUNBAR COMMUNITY CENTER

SEPT 8, 2-3:30PM
DUNBAR COMMUNITY CENTER

QUESTIONS? CONTACT MARANDA BROOKS: (859) 257-5582

IN PARTNERSHIP WITH:

LEXINGTON
Parks & Recreation

Lexington-Fayette County Health Department

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnicity, national origin, religion, sex, age, disability, or sexual orientation. Educational programs represent the University of Kentucky, Kentucky State University, and the U.S. Department of Agriculture, acting jointly.

LEXINGTON, KT 40546
Programming: Thursdays 11a-12p at
Dunbar Community Center (545 N. Upper)

OCTOBER
October 6th - Lex Health Dept. Diabetes Prevention Class

October 13th - Fitness Class - Gym

October 20th - Nutrition Class - Kitchen

October 27th - Weight Room Clinic (individual sign ups)/ open walking club- weight room, walking track (weather permitting) or indoor gym perimeter

NOVEMBER
November 3rd - Lex Health Dept./ UK Extension Diabetes Prevention/ Management *

November 10th - Fitness Class - Gym

November 17th - Weight Room Clinic, open walking club-weight room, walking track or indoor gym perimeter

DECEMBER
December 1st - Lex Health Dept./UK Extension Diabetes Prevention/ Management *

December 8th - Fitness Class - Gym

December 15th - Weight Room Clinic, open walking club-weight room, walking track or indoor gym perimeter

* Combined classes will be a little longer