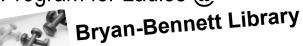
Strength and Flexibility

Program for Ladies @



An informational program presented by

Kara Sellers, Physical Therapist Assistant with SSM 5:30 hursday

Thursday, October 13th

For those that have a pair of light hand weights feel free to bring them along for some audience participation.

A reminder as the weather turns cooler...

the May Davenport Room (gym) is open during library hours for walking for all ages. Check in and out at the library main

desk. A parent or guardian needs to accompany those under 18.

For more information, phone **618-548-3006**

or visit 315 South Maple, Salem

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