

# Strength and Flexibility

## Program for Ladies @



### Bryan-Bennett Library

An informational program presented by

**Kara Sellers,**  
Physical Therapist  
Assistant with SSM

5:30  
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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