



SENIOR HEALTH & WELLNESS

SENIOR FITNESS CLASSES

Both Classes \$1/class

Nifty Over Fifty Low Impact Exercise Class

M-W-F

10:00 am to 11:00 am
Cresco Fitness Center

Sit And Be Fit Chair Exercise Class

Tuesday & Thursday
10:00 am to 10:45 am
Hospital Laura Rose Lobby

Free Blood Pressure Screenings

Every Thursday
(please note change
from Tuesday to
Thursday)

11:00 am to Noon

Hospital
Laura Rose Lobby



Regional
Health Services
OF HOWARD COUNTY

235 8th Avenue West
Cresco, Iowa 52136

Visit our web site at
www.rhshc.com

Come and try out your first class free of charge.
Please call Pam Cobbs, Senior Health & Wellness
Coordinator at Regional Health Services of Howard
County for more information (563) 547-2101.