

Steppin' Up with Confidence



FREE!



What is Steppin' Up?

Steppin' Up is an exercise program for mature adults, led by seniors, for seniors! Meet for some simple stretching, strengthening, a little bit of cardio and a lot of laughs! Exercise modifications provided, and do only what you are comfortable doing.

FREE

**One great program,
two locations to chose from!**

Steppin' Up with Grit!

Seven Sisters Falls
Community Centre
Mondays, 10-10:45 am
Starting Nov. 21st
For more info, call Grit at
204-213-0882

Steppin' Up with Debbie & Caroline!

Whitemouth
Community Hall
Starting in the New Year!
For more info, call Debbie
at 204-348-2608

Steppin' up with Confidence is a program of Active Aging in Manitoba