

Country Neighbor

Address: 39 South Maple Street, Orwell, Ohio 44076

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Contact: Rose Nick

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Venue of Exercise: Yoga Class – Tuesday @4:00 p.m. / \$5.00

Arthritis Exercise Class- Tuesday & Thursday @ 10 a.m. / \$2.00 per class

Better Breathing Exercise Class- Monday& Wednesday @ 10:30/ Free

Managing Chronic Diseases- Two Hour Class each week for 6 weeks/ Includes Book/ Free

Matter of Balance- For persons with a fall history- Exercise to help with balance, flexibility & mobility- weekly class for 8 weeks/Free