BODY RECALL
A Lifetime Fitness Program for Everyone!

Classes starting March 19, 2012 at the Jessamine County Health Department
215 East Maple Street, Nicholasville, KY

BODY RECALL classes are FREE but please call to reserve a spot.
Each class lasts for 1 hour (10 - 11 a.m.) and classes meet 3 times a week (M, W, F) for 8 weeks.

The Jessamine County Health Department has 2 certified BODY RECALL instructors.
Please contact these instructors with any questions:

Andrea Brown— 859-885-4149 x 1025; andread.brown@ky.gov
Karen Kakar— 859-885-4149 x 1007; karenc.kakar@ky.gov

BODY RECALL is a safe, tested program of gentle exercise and movement developed for the living longer population. Participants can expect gentle movements that will help circulation to all parts of the body without threatening the heart, an increased awareness of how your own particular body functions, and a sense of achievement as you begin to regain control over the body you thought could never be called back to some of its former vitality and flexibility. You will also enjoy FUN AND FELLOWSHIP through the BODY RECALL program!