



THEME:  
"FRESH START" –  
NUTRITION & YOU

FEELING A BIT  
SLUGGISH?

COME ON OUT AND  
DO SOME EXERCISES  
WITH US.

EVERY TUESDAY

AT 11:00am

AT THE KIOWA AOA

ELDER CENTER

CARNEGIE, OKLA

CO-SPONSOR: OSU EXTENSION



Dates in September

2023:

Sept 5, Sept 12,

Sept 19, & Sept 26



**"EVERYONE WELCOME"**

HOPE TO SEE YOU THERE