

Move More Mini Sampler!

Thursday, June 28 • 5:30 - 7:30 p.m.

Join **MaineGeneral Prevention & Healthy Living** and sample three different physical movement “mini-sessions” for **FREE!**

Choose a Location:

**Dean Conference Center
Thayer Center for Health
149 North Street, Waterville**

- Cardio Strength Training
- Chair Yoga
- Zumba®

**Prescott Education Pavilion — First Floor
Alfond Center for Health
35 Medical Center Parkway, Augusta**

- Square Dancing
- PiYo® Live!
- Introduction to Karate

Preregistration Required

Visit www.maine-general.org under “Search All Classes & Events.” Or call 872-4102.

MaineGeneral Health
Prevention &
Healthy Living

