



**"If I can do this workout at
the age of 76 - anyone can!"**

-Joan Lindsay

When: May 5th and 6th
(See back for details)

Where: Comfort Suites
1202 Ave. Central N.
(Off Rte. 441/27)
The Villages, FL
(800)-368-4004
Hotel: 352-259-6578
Cell: 585-721-3894



Only at The Villages

Fit and Fabulous at Any Age

Discover the functional fitness program that works!

**Build and rebuild your body's health and fitness
For any one of any size, of any age, with any health
challenge i.e. arthritis, diabetes, fibromyalgia, lupus
chronic fatigue syndrome, MS, cancer, and others**

Fit and Fabulous in 15 Minutes

Anti-aging workout that builds strength

**Builds bone density and reduces chronic pain
Rehabilitates shoulders, backs, knees, hips
Lowers blood pressure and cholesterol level
Improves lymphatic functions and cardiac health**

You're Invited!

Celebrate Sue's 50th Birthday
with "Fit and Fabulous"



"Fit and Fabulous" Workshop Times

Friday, May 5th
11:00 AM
1:00 PM
4:30 PM

Saturday, May 6th
11:00 AM
1:00 PM
4:30 PM



Sue Fetzner
National Rehab Trainer

Comfort Suites
1202 Ave. Central N.
(Off Rte. 441/27)
The Villages, FL
(800)-368-4004
Hotel: 352-259-6578
Direct: 585-721-3894
www.parwel.com

Water and whole food snacks will be provided
Wear comfortable clothing and sneakers