

FREE



CDPHP® Wellness Classes

CDPHP members are invited to attend a free wellness class.

Walk Live! with Laura Liechti

Class: Join us for this calories torching indoor walking program. Walk Live! uses music to set the pace based on beats-per-minute. Strength training is also incorporated using resistance bands. Find out more at www.walkathome.com

Date: This is a 3-part program.
Fridays, June 5, 12 and 19

Time: 4:30 – 5:30 p.m.

Location: Lexington Center Gymnasium
127 E. State St. Gloversville

To register online, visit www.cdphp.com

Or call (518) 641-4800 or toll free 1-877-986-2373.

**Be healthy,
have fun!**



Visit www.cdphp.com to register online.