



# Exercise Room

If you are age 60 and older or a younger adult with a disability you're welcome to come down to enjoy the exercise room at the Aging & Disability Resource Center, 300 South Adams in Green Bay.



**For just \$1  
per month  
you can  
improve your  
flexibility,  
balance,  
strength and  
energy level!**

For your safety each person using the exercise room is required to go through an orientation on the equipment with a trained volunteer and sign a release waiver. Call 448-4314 to schedule your orientation.

**Volunteers** are always needed to provide orientations and welcome newcomers. No prior knowledge or training is necessary, training will be provided. If you like working with people, you will enjoy this healthy opportunity.

To volunteer call Snooky Zuidmulder at (920) 448-4309.