

FREE Online *Texercise* classes for adults ages 45+

Date:

April 27th – July 1st, 2021

Time:

9:30-11:00 am

Location:

Online Zoom Meeting

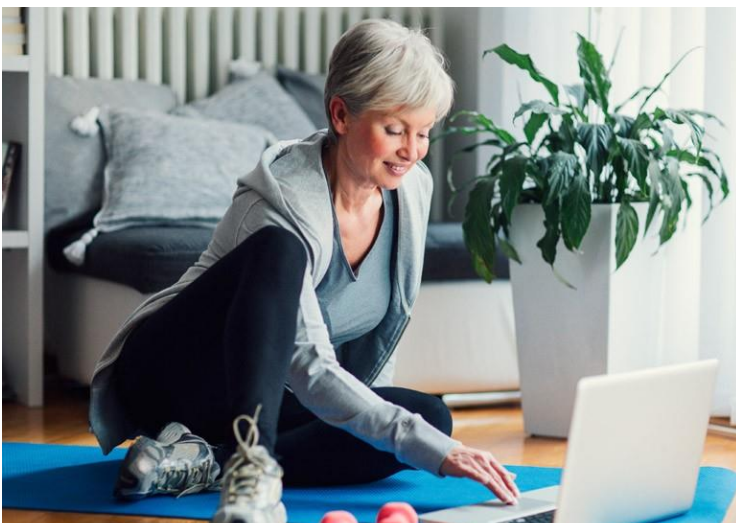
For more information
and to register by April
1st, 2021:

Phone: 713.274.5745

Email:

Chazmin.Peterson-Calip@phs.hctx.net

Take charge to age well and live well! Good health can be yours at any age.



Class details:

Texercise Select

A 10-week, evidence based program that improves health of older adults through: goal setting, meal and activity logs, in-class workouts, and group discussions.

Participants will also have access to supportive services and clinical support from a Licensed Master Social Worker.