



ENHANCE[®] FITNESS

**Classes
begin on
Monday, June 3**

**Register by
5/30/24**

EnhanceFitness is an evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered.

Program Benefits

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle
- Reduce medical care utilization costs
- Decrease unplanned hospitalizations
- Decrease mortality rates

**Class meets every
Monday, Wednesday, and Friday**

**DATES:
June 3, 2024 - September 2024
TIME: 8:30 - 9:30 a.m.
COST: FREE**

The program is offered virtually via ZOOM and lasts 16 weeks. **Required equipment:** armless chair and adjustable ankle weights. Pre and post-class fall risk assessments are required.

**To register, contact
Clemie Pizillo at
301-273-5002 or
palwellness@yahoo.com**



Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at agjack88@aacounty.org or by calling (410) 222-4383. TTY users, call via Maryland 7-1-1. All materials are available in alternate formats upon request.