




# REACH FOR it!

**SEPTEMBER 8 - NOVEMBER 17**

There will be no class on October 20.



Reach For It is a free weekly program of dance and movement for 55+ adults. Participants will exercise and have fun using the fluidity of dance to work on balance, strength, movement, and coordination.

Classes taught by Lauren Kraemer.



**SCAN ME**



**FRIDAYS AT 10 A.M.**

**REGISTER BY SCANNING THE QR CODE  
OR AT PAPILLIONPUBLICLIBRARY.ORG.**