



Aging and In-Home Services
of Northeast Indiana, Inc.

Offering Hope Through
Caring Connections



For more information:

260-745-1200
Hurry Class Size
Limited!

Feel Better!

Decrease Risk of
Falling!

Improve Balance!

If you have diabetes, high blood pressure, arthritis, chronic pain, or others, this exercise class can help you do the things you want to do and feel better.

You will improve your balance, move better, have more energy, feel healthier, and decrease your risk of falling.