

*You are Invited!*

A Gallery of  
*Lifestyle & Health:*  
Expo for Older Adults & Caregivers

September 27 | 9 a.m. to noon  
at the Civic Auditorium  
1001 Ridge St | La Porte, IN

*Holistic Fitness*  
*Thursdays*  
*35-45 minutes.*

Seated Yoga 10 a.m.  
\$3/session  
or \$2

when you buy a package of 10  
(missed classes are transferable).

*Hope you see you there, Namaste!*



Qigong 9 a.m.  
FREE CLASS!\*



*Happy*  
*Birthday*  
*September*

- 9/1 Renee LaBuda
- 9/3 Peaches Morris
- 9/6 Frances Raderstorf
- 9/8 Sue Holm
- 9/9 Myrna Harder
- 9/10 Molly Hepperle
- 9/11 Kristy Wickenhauser
- 9/15 Debe Meyer
- 9/18 Carol Stockstill
- 9/19 Glen Murphy
- 9/20 Vivian Dare
- 9/20 Cheri Sheaks

- 9/22 Sherry Holzapfel
- 9/22 Erica Somers-Schultz
- 9/22 Mary Beckman
- 9/25 Dennis Fischer
- 9/25 Patrick Timm
- 9/26 Mary Butts
- 9/28 Sandra Sidock

*Welcome*

**NEW MEMBERS**

- Paul Rosentreter**
- Renee LaBuda**
- Carol Nolan**
- Myrna Harder**
- Judy Jorgenson**
- Cindy Fischer**
- Mary Butts**
- Mary Broviak**
- Theresa Dzoga-Borg**