

25 April 2012

Regarding: Geri-Fit strength training exercise classes at the Kirtland Senior Center

To whom it may concern:

The Kirtland Senior Center has been offering Geri-fit strength training classes for adults 55 and older for nearly a decade. Classes are outstanding for physical and mental well-being of our seniors. Classes improve strength, balance, and flexibility. I've heard participants report that health benefits include weight loss, improved blood pressure and cholesterol levels, to being able to push their grocery carts better and being able to reach for dishes in the cupboards with greater ease.

Participants meet twice a week for an hour and afterwards can often be seen sitting in the senior center lobby having a cup of coffee and socializing. Seniors who socialize have less depression and are happier in general. Geri-fit not only improves their lives physically, but mentally too and we feel this is invaluable.

Our classes have between 20-25 students per session. There are eight classes in a session and 12 sessions per year.

If you have any further questions, please do not hesitate to contact me at (440) 256-4711 or communitycenter@kirtlandohio.com.

Kind regards,

Jenna Hull

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Kirtland Senior Center Director

