



**STRONGER
THAN
YOU THINK**



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**EXERCISE FOR THE
PHYSICALLY CHALLENGED**
A **FREE** Program For Adults
With Physical Disabilities

NORTH CANTON YMCA
200 South Main St.
North Canton, OH 44720
330 499 2587

YMCA OF CENTRAL STARK COUNTY
ymcastark.org

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Exercise for the Physically Challenged

- Free to all who wish to participate
- Class designed to meet the needs of adults with physical disabilities
- Light cardiovascular and strengthening work done at your own level
- Music, props, weights, other equipment and FUN!
- Done sitting or standing
- Handicap accessible
- Optional pool time with lift available

SEPTEMBER - MAY

Tue & Thu 11:15a-12:15p NCY E GYM

Tue & Thu 12:25p-1:10p NCY Pool

JUNE - AUGUST

Tue 10:45a-11:45a NCY E GYM

Tue 12:00p-12:45p NC Y Pool

For more information, call Terri Pollock at the North Canton YMCA (330.499.2587).
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CAREGIVERS' SUPPORT GROUP

Meets 1st Tues. of every month, during class time, 11:15am-12:15pm, Sept.—May for support, encouragement and information. Everyone welcome. **Free.**

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