

December 28, 2005

NEWS RELEASE - SENIORCIZE IS MOVED TO OTTERBEIN ST. MARYS

The long-standing senior exercise program, Seniorcize, will be held at Otterbein St. Marys beginning January 17, 2006. Seniorcize is designed to allow seniors a safe and controlled opportunity to get some exercise. It emphasizes low impact exercise routines along with stretching and resistance work to help tone muscles and keep joints limber.

Classes will be held on Tuesday and Thursday, from 9:00 a.m. to 10:00 a.m. and the cost for the class will be \$10 per month for singles and \$15 per month for couples. Classes will be held at the Otterbein St. Marys Retirement Community, 11230 St. Rt. 264, St. Marys.

In the event of inclement weather, listen to your local radio station for cancellation. Class will be delayed or cancelled based on whether or not St. Marys City Schools are delayed or cancelled. Anything more than a one-hour delay will cancel our class for the day.

For more information or registration for classes call Anne Larger at 419-394-3335 ext. 1128.

FOR MORE INFORMATION CONTACT: Martin C. Dodrill
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