## Feeling Fit & Fabulous at 55+1 March 23 or April 6 at 11am COBURG VILLAGE

## March 23

or April 6 11am



Lunch

Spring is here & we're celebrating opportunities to enjoy an active lifestyle! Join us for a FREE seminar with physical therapist, Hector Jasen, MSPT and nutritional therapist, Lora Hyde, RDN CDN for important safe fitness and nutrition tips to keep you in peak form and feeling great!

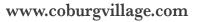
Complimentary Senior Apartment Rental Community Guided tours available

## RSVP at 243-6312 or at www.coburgvillage.com/contact

COBURG VILLAGE

## "Making every moment count" One Coburg Village Way | Rexford, NY 12148-1467

- ► Spacious Apartments
- ▶ Housekeeping
- ▶ Maintenance
- ▶ Transportation
- ▶ Fine & Casual Dining
- ▶ Resort Accommodations
- ► Varied Activities
- ▶ Lifelong Learning
- ▶ Utilities
- ▶ Security



NO **BUY-INS** OR HIDDEN **FEES!**