



Feeling Fit & Fabulous at 55+!
March 23 or April 6 at 11am

COBURG VILLAGE



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“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!**

www.coburgvillage.com

Spring is here & we're celebrating

**March 23
or April 6
11am**

**OPEN
TO THE
PUBLIC**

**Complimentary
Lunch**

The better weather offers even more 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!

Senior Apartment Rental Community
Guided tours available

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