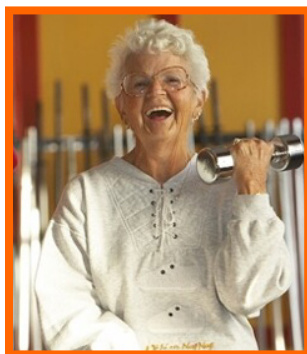


# *The Salinas Education Center*

20 Sherwood Drive \* Salinas, CA 93906 \* 831-796-6908 or 831-796-6905

**Helena Fox: 408-656-4763**

*Invites you to join us for our ...*



## **REAP Health & Wellness Class**

### **What is REAP? (Rejuvenation Education Assistance Program)**

It's a unique fitness program that provides fitness instruction, health promotion, and socialization for mature adults.

### **Who can attend REAP?**

Anyone 60 years or older who is interested in improving their overall fitness, flexibility, strength, and balance.

### **How much does it cost?**

Suggested registration fee is only \$10.00 per 6-week cycle.

### **How Do I Enroll?**

Complete a registration form, submit your registration fee, and report to class.

### **Days:**

Monday – Thursday

### **Time:**

1:00pm – 4:00pm



***Please leave a message for Helena Fox at the  
SEC main numbers: 831-796-6908 or 831-796-690.  
Or on Helena Fox's cell phone: 408-656-4763.***