

# Wellness Wednesday: Mobility & Aging



**Wednesday, March 25<sup>th</sup> 1:00–2:00 pm**

**Presented by Dr. Solus**

**Held at the Siskiyou Family YMCA**

**Cost: FREE**

Join us for an engaging wellness session focused on the power of mobility and how it shapes the way we age. Whether you're looking to move with greater ease, reduce stiffness, or simply invest in your long-term health, this session is for you. We'll explore practical movement strategies, the science behind staying mobile as we age, and simple habits you can start using right away — no matter your fitness level.



Siskiyou County

Fall Prevention Coalition



# SAVE THE DATE:

## SENIOR FITNESS TESTING

APRIL 7

Location: YMCA Gymnasium

This event will be hosted  
from 11 AM-1 PM.

**Participants can come anytime during the scheduled event hours. Testing will take about 15 minutes per person. Please wear proper footwear!**



**Please register for this event by visiting our website, calling (530)-842-9622, or stopping by the Front Desk.**