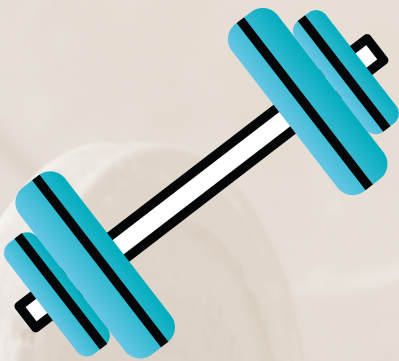




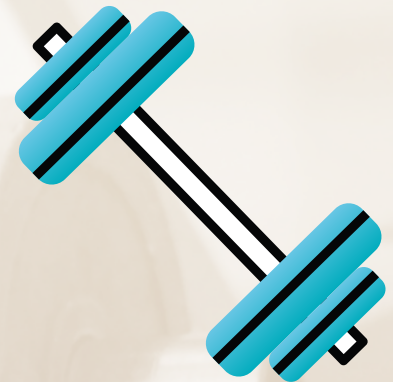
CHARLES RIVER CENTER
ILLUMINATING THE POSSIBILITIES

FITNESS FRIDAYS

Come get some exercise while learning how to use different gym equipment safely! We will talk about the importance of staying physically active and practice workouts that can be done at home or the local gym.



**SPONSORED
BY DESE
TRANSITION
PROJECT!**



Who: Young Men ages 22-24

**When: Every first Friday of the month at 4:00pm
(3/3, 4/7, 5/5, 6/1, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1)**

**Where: Charles River Center Natick
4 Strathmore Rd, Natick, MA 01760**

Please arrive in athletic/comfy clothing

Please contact Kirsten Fetter at Kfetter@CharlesRiverCenter.org
with any questions or completed registration forms