

Scholarships Available for Good Life Fitness at Southington Care Center

Interested in exercising with an exercise physiologist, who specializes in working with older adults? Good Life Fitness and Wellness at Southington Care Center is a highly individualized senior fitness and wellness program, which includes Yoga and Tai Chi classes, and is now able to offer scholarships. The funding will allow those age 55 and above who are interested in partaking in a fitness or wellness program with any of the following qualities:

- ❖ Interested in pre-habilitation as a way to prepare prior to surgery - exercise, education and support to maximize recovery
- ❖ Have a diagnosis of congestive heart failure, diabetes or other related disease
- ❖ Women living in Southington, Bristol, Wolcott, Plymouth/Terryville and Burlington

Funding for the Good Life Fitness Scholarship program at Southington Care Center is made possible with the generous donations of the Joe and Kay Calvanese Foundation and the Women and Girls' Fund of the Main Street Community Foundation.