



# Tuesdays and Thursdays, learn how to be 'Fit-for-Life'.

Arbor Terrace at Crabapple has developed a new health and wellness program called 'Fit-for-Life'. This program has been designed not only for Arbor Terrace residents, but for all seniors in and around the Alpharetta and Roswell area. 'Fit-for-life' offers health education, support group forums and exercise sessions, including a 45 minute cardio/strength session set to music. Are you interested in becoming 'Fit-for-Life'?!

**When:** Begins May 19 and May 21  
(then every Tues. & Thurs.)  
from 10:00 am - 10:45 am

**Where:** Arbor Terrace at Crabapple  
'Lifestyle' Center; sign in at  
the front desk (12200  
Crabapple Rd., Alpharetta)

**Session Size:** Maximum 20 per class

**Cost:** May sessions, complimentary  
In June, \$10 per month

**Fitness Instructor:** Gloria Ellwood

**Who:** Residents of Alpharetta, Roswell  
and surrounding areas

**Questions:** Call Leslie, 770.649.1009



## Arbor Terrace

Assisted Living & Memory Care for Seniors

*An Arbor Company Community*  
12200 Crabapple Road  
Alpharetta, GA 30004  
[www.at-crabapple.com](http://www.at-crabapple.com)