



Celebrate Life at Every Age!

WEBINAR: SENIOR FITNESS

Why It's Never Too
Late to Start

TUESDAY, AUGUST 21

2:00 P.M. PST

At **Prestige Senior Living**, we are your partners in active aging. We run a wide variety of exercise and fitness classes to keep our residents in good health.

As part of that commitment to wellness, we're hosting a **free webinar** for seniors with **Adrian Cagigas** – a licensed athletic trainer and senior fitness expert.

He will be speaking about the importance of exercise and physical activity for seniors.



To sign up for the **free webinar** or to learn more, visit **MomAndDadDeserveTheBest.com**.

Prestige Assisted Living at Lake Havasu

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Prestige Assisted Living at Claremont

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Prestige Senior Living, L.L.C.

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