



ENHANCE  
**FITNESS**®

# ***EDUCATION AND WELLNESS PROGRAM FOR OLDER ADULTS***

**BONNER SPRINGS SENIOR CENTER**  
**MONDAY | WEDNESDAY | FRIDAY | 10:00AM**

Enhance Fitness is a FREE, evidence-based group exercise program geared toward arthritis relief.

Older Adults (60+) at all levels of fitness will become active, energized and empowered to sustain independent lives.

The program is dedicated to improving the quality of life for seniors in Wyandotte County.

\*Funding for Enhance Fitness is provided by Title III-D Disease Prevention & Health Promotions and in part by the Wyandotte/Leavenworth Area Agency on Aging\*

*Bonner Springs Senior Center*  
*200 East 3rd Street*  
*Bonner Springs, KS 66012*  
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