



Starts June 6

THIS IS MY HEALTH: EXERCISING SAFELY

FREE 8 WEEK COURSE!

(Donations Welcome)

**Coordinated and led by Dr. Kathye Light
Professor & Chair Department of Physical Therapy**

Brenau Student Physical Therapists are hosting 8 weeks of basic health knowledge and supervised exercise to help you exercise safely. This course will be 2 hours once a week, beginning with a basic education section followed by supervised aerobic, strength, and flexibility training.

The course will be held at the Brenau University Downtown Center. You can park in the free parking deck and enter in the front doors.



If interested, please email or call
Emily Stamps:
Estamps@tiger.brenau.edu
678.971.1845 (Leave Voicemail)

**2 Hours a Week
Wednesdays:
1 p.m.- 3p.m**

**8 Basic Health
Safety Classes
and Supervised
Exercise**

**ALL FITNESS
LEVELS!**

**How Do I Check
My Heart Rate??**

**What exercises
should I do??**

**BRENAU
UNIVERSITY
DOWNTOWN
CENTER
301 Main St. SW,
Gainesville, GA 30501**