



# Adapted Program

## ***STEPPIN' UP***

***Via Zoom!***



This program supports and encourages ALL adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at **no cost**.

***To support physical distancing, this program is being offered by our volunteer leaders virtually in live feed using Zoom.***

**To register for the classes or for more information,**

Call the 55 Plus Office 204-467-2582

Or email: [si55plus@mts.net](mailto:si55plus@mts.net)



***Stay Active! Stay Connected! Stay Healthy!***