

Fitness program encourages seniors to be their best

Exercise specialist Susan Pajer, left, and wellness director Pattie Beans-Clark, far right, with graduates of "Be Your Best," from left: Margaret Moyer, Ruby Feild, Bubbles Weber and Nalda Strumpfels.



Residents from the Wesley Enhanced Living at Heritage Towers retirement community recently celebrated the conclusion of a year-long exercise and wellness program with a graduation ceremony.

Entitled "Be Your Best," the program drew participation from close to 50 residents who ranged in age 79 to 98. Over the year, participants completed activities among four modules: Be Nourished, Be Active, Be Renewed and Be Strong. During the graduation ceremony, participants received a "Be Your Best" certificate and enjoyed a fitness activity led by local fitness instructor Aaron Oberst, aka "Dr. Drill."

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