



Gain Health • Independence • Balance



**You may be eligible for FREE enrollment at FGH&F  
with our Silver & Fit Program!**

Insurance companies paneled with the Silver & Fit Program are:  
Kaiser, Sterling and Health Net.

Please contact your insurance provider to confirm eligibility.  
Inquire at the front desk or call 503.357.1701 for details.

Special Senior Membership rates are available for those who do not qualify for Silver & Fit.

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**Never participated in an exercise program?  
Looking for a post-rehabilitation program?  
Looking to regain movement, strength and range of motion?**

*Senior Exercise classes are designed just for you!*

These classes are designed to focus on and increase flexibility, joint stability, balance, coordination, agility, muscular strength/power and cardiovascular endurance with the understanding that many different levels of activity are present.

Class is performed on and around a chair for support.

**It's never too late to start exercising!**