

Health Talks *with Brookdale*

January 19th, 12:30pm

Have you ever noticed that exercise can seem incredibly difficult in the winter time, sometimes coming to a halt altogether? Join Brookdale as we learn together the best tips and practices for exercising during the cold and icy months of winter. Come hear about how to stay fit, even when getting outdoors is not an option!

Health Talks are held on the third Thursday of every month at 12:30pm. Each month is a different topic.

Hosted at the Walla Walla Senior Center, 720 Sprague St.



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