



Free Workshop – The Benefits of Exercise for Adults

Presented by Sharp HealthCare

Wednesday, March 25, 2020

5:30 to 6:30 p.m.

Point Loma/Hervey Library

3701 Voltaire Street

San Diego, CA 92107

Learn simple exercises you can do at home for strength and balance. Hear about the benefits of exercise, recommendations, community-based programs and how to get involved in interactive exercises.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 5 Councilmember Jennifer Campbell is a proud supporter of this workshop.