

WELLNESS EXERCISE GROUP



WEEKLY THURSDAYS
12:30 - 1:30 PM

Structured exercises and activities focused on strengthening, cardiovascular fitness, and large amplitude movements.

Led by a member of our therapy team

All levels welcome, please bring family member and caregiver if assistance/support needed.

Call the Traverse City Clinic at 231-486-6330 to sign up or request additional information. Space is limited.