

The Sinclairville Free Library and
Mary E. Seymour & Cassadaga Branch Libraries
invite you to attend

“HEALTHY U”

We're looking for groups or individuals
interested in
discovering new ways to
maintain wellness and a fit lifestyle thru

- Fun
- Nutrition
- Exercise
- Enrichment

Join us for our first session
on Tuesday, February 12th at 7pm to
“walk the halls” and tour
the Cassadaga Valley fitness center
bring dry shoes
and
your ideas for healthier living

For questions or more information, call Beth Hadley at (716) 785-9204.

*fit is not a destination.
It is a way of life*