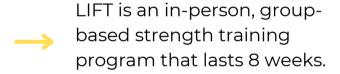
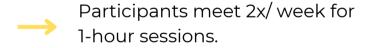


LIFELONG
IMPROVEMENTS
THROUGH FITNESS
TOGETHER

PROGRAM
AVAILABLE NOW





The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community.



OUR GOALS



Community Connection



Physical Activity



Fruit/Vegetable
Consumption

ALL AVAILABLE AT www.parcilab.org/lift

