

OSTT - OLNEY PRESENTS

Women's Health & Fitness Shiur Series



For Women 40 and over, almost 40, or who will be 40 one day!

Shiur introductions by Denise Katz

Making time for fitness

*Presented by Shevi Kurcfeld: Sunday August 15, 10 am
4109 Morningwood Drive, Olney, 301-570-8634*

Get insight on how you can incorporate fitness into your life, even if you have a busy schedule

Starting a fitness program

*Presented by Wendy Tobb: Sunday August 22 at 10 am
2219 Carter Mill Way, Brookeville, 301-570-5702*

Come and hear practical advice on starting a fitness program and get a tour of Wendy's gym & exercise equipment

Health issues faced by women 40 and over

*Presented by Karin Rosenthal: Sunday August 29, 10 am
18685 Queen Elizabeth Dr, Brookeville 301-774-8005*

Get information on various health issues facing women as we age and how to counteract/address them



For more information or to RSVP
contact
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***Being healthy is a
Torah Value***