PUBLIC SEMINAR

Renew, Restore, Recharge!

Presenter: Jen Kenney

The Freedom Center is so excited to offer a Free Seminar on how "Personal Training and exercising can restore and recharge your life. Jennifer Kenny (LPN,AAAI/ISMA) works as a personal trainer. She has extensive experience working with those who are disabled. This seminar though is open to any citizen looking to get back into shape. Jen will show a variety of stretching techniques and also how to get absolute abs! Everyone is welcome so bring a friend, you will not regret the information you receive.



This Free Seminar is being held at: Freedom Center for Independent Living 400 N. Broad Street, Middletown, DE. Tuesday, December 18th, 2012 4:00 PM-5:00 PM