

**The Fun Of Fitness: A Handbook For The Senior Class**  
**By Betty Perkins-Carpenter**

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55 PLUS 49 last page By Mike Costanza Betty Perkins-Carpenter Eighty-four-year of Senior Fitness contact Perkins-Carpenter about the

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Dr. Betty Perkins-Carpenter, or experience with senior fitness and exercise. Class size is limited their balance through a series of fun and

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### **6 steps to better balance class begins april 2 |**

6 Steps to Better Balance class was developed by Betty Perkins-Carpenter, Ph.D., of Senior Fitness Perkins-Orefice, B.A., Senior Fitness

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Betty Perkins-Carpenter, Senior Fitness Participants will learn activities that are fun Class size is limited and a fee is charged to cover class

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