

# *Happy New Year!*

The entire community is invited to attend the monthly meeting of *Heartbeats for Life*, a wellness support group for cardiovascular patients, their families, friends and those interested in prevention. Please feel free to invite your friends and family.

**Monday, January 9, 2012**

**6:30 - 8:45 p.m.**

**Monroe County Cornell Cooperative Extension, Auditorium  
249 Highland Avenue, Rochester, NY  
(Across from Highland Park)  
Free parking**

**6:30 Potluck:**

**Bring a low fat, vegetarian dish to pass (or some cut fruit), your own place setting and beverage.**

**7:30 Program: *Zumba Gold & Chair Zumba!***

**Overview of Zumba Gold - what it is, background and benefits to all ages - followed by an interactive demo. Also included, *Chair Zumba!* While others are moving, those that are not mobile can still enjoy cardio vascular benefits while sitting! Wear gym shoes and comfortable clothing.**

**Presenter: JoAnne Wilson, Iron Workx Gym, Victor, NY**

**-Certified AFAA Group Fitness Instructor (Aerobics and Fitness Association of America) 1997**

**-Licensed Zumba Fitness instructor in Basic 1 (2009), Basic 2 (2010) and Zumba Gold (2010)**

**-Certified YogaFit I and II (2003)**

**-SilverSneakers instructor(2008)**

**Jo Ann says, "I particularly love working with seniors, newcomers, and folks just returning to fitness. It give me great joy to move and help others do so.**

**Sharing fitness with others is my passion."**

**\$4.00 guests; free to HFL members**

**More information: 24 hour voice mail [585-234-7076](tel:585-234-7076) or [www.heartbeats4life.org](http://www.heartbeats4life.org)**