City of Streetsboro

Senior Center 9184 State Route 43 Streetsboro, OH 44241



330-626-2398 Fax: 330-422-1902

April 26, 2012

To Whom It May Concern:

As the Director of the Streetsboro Senior Center, I am proud to support the Geri-Fit Exercise Program for older adults. The City of Streetsboro has been offering Geri-Fit classes for over seven years. Classes are held Tuesday and Thursday mornings and bring in 15-20 participants per class. The Geri-Fit classes continue to be a successful and enjoyed program among participants. The Geri-Fit class has improved the balance, strength and overall wellness of participating seniors. The class is great for seniors of any age and of all fitness levels. Seniors also enjoy the class because it can be easily modified to fit their needs and fitness levels. Exercise and strength training are extremely important to the overall wellness of anyone regardless of age but more so to the aging population. The Geri-Fit exercise program is a wonderful program and I highly recommend it to any and all senior citizens. I look forward working with this program for many more years to come.

Sincerely,

Katie Mathies