

# CITY OF NORTH OLMSTED

Mayor Kevin M. Kennedy

Jackie Chavez-Anderson  
Administrator

Division of Aging

January 23, 2012

To Whom It May Concern:

Re: North Olmsted Senior Center Geri- Fit Class

As Administrator of the North Olmsted Senior Center, I would like to add my support regarding Geri-Fit classes. The North Olmsted Senior Center has offered the Geri- Fit class to our members for 20 years. The Geri-Fit class has improved the balance, strength and overall wellness of hundreds of senior citizens over the years. We are very grateful to offer this opportunity to our senior population. Our Geri-Fit class meets every Monday and Friday mornings, an estimated of 20-25 seniors participates per class. The benefits that the seniors receive from attending this class are astounding. I can not stress enough how important it is to provide exercise and strength training classes to our aging population. Hopefully we can continue to offer the Geri-Fit class for another 20 years or longer!

Sincerely,



Jackie Chavez-Anderson

North Olmsted Senior Center Administrator

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