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**PRESS RELEASE**  
**October 26, 2009**

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### **Wesley Community Services “Inspired Fitness for Seniors meets November 14<sup>th</sup>”**

One of the ministries sponsored by Wesley Community Services WesleyLinks network called “Inspired Fitness for Seniors,” is a program meant to encourage seniors not able to get to a community facility to engage in regular physical activity. If you are the type of person who might enjoy working with a senior citizen in this way, this opportunity to become an “Exercise Buddy” is for you. “This is a great program for both the volunteer and senior” says Stephen Smookler, Executive Director of Wesley Community Services.

On Saturday, November 14<sup>th</sup>, from 9:30 a.m. to 4:30 p.m. there will be a training session for volunteers to become “Exercise Buddies.” It will be held at Anderson Hills United Methodist Church (across from Anderson Towne Center, formerly Beechmont Mall). By the end of this all-day session, participants will be trained to teach seniors safe, gentle and effective exercises to improve strength, flexibility, balance and range of motion. Safety issues will be addressed as well as the connection of mind, body and spirit to an individual’s well-being. Lunch will be provided.

Call Eileen Simpson, Inspired Fitness Coordinator, 474-2991 or email her at [gfsimpson@fuse.net](mailto:gfsimpson@fuse.net) if you have a question or want to register to become an Exercise Buddy.

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**About Wesley Community Services:** Wesley Community Services fosters and supports seniors seeking to remain in their home for as long as possible through the provision of essential home-based services including Home Cleaning Services, Meals-On-Wheels, Specialized Transportation, and a Pet Portions Program (free pet food for client pets) to over 2,300 seniors and individuals with disabilities. Wesley Community Services is funded by the Council on Aging of Southwestern Ohio and is a United Way partner agency. For more information about Wesley Community Services call 513/661-2777, or visit [www.wesleycs.org](http://www.wesleycs.org).