



3333 Glenmore Avenue, Cincinnati, Ohio 45211
Phone 513/661-2777 – Fax 513/389-3092
www.wesleycs.org

PRESS RELEASE
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Contact: Stephen Smookler
Executive Director
661-2777, cell 910-1714
Email: ssmookler@wesleycs.org

PHYSICAL EXERCISE VOLUNTEERS NEEDED TO ASSIST SENIORS

Wesley Community Services “WesleyLinks” program is recruiting **“Exercise Buddies”** in Anderson Township and neighboring communities to assist seniors with a safe, gentle, and effective mind, body and spirit fitness/wellness program titled **Inspired Fitness**. “Wesley Community Services is pleased to assist area churches in bringing physical fitness opportunities to older people in their own homes” said Executive Director Stephen Smookler.

Township churches involved thus far include Anderson Hills Christian Church, Anderson Hills United Methodist Church, Cherry Grove United Methodist Church, Immaculate Heart of Mary Catholic Church, and St. Timothy’s Episcopal Church.

“Inspired Exercise Buddies” will visit seniors living at home and encourage, motivate, and instruct them on an effective fitness program that promotes a healthy lifestyle that maintains or improves their independence.

An informational meeting will be conducted at 7:00 p.m. on June 17th, 2008 at Anderson Hills United Methodist Church, 7515 Forest Road (across from Anderson Town Center).

Training and time commitments will be discussed and questions answered about how to be effective “Exercise Buddies.” To sign up for the program, or to get more information, or if you

are interested but cannot attend the meeting, call: Carol at 943-7755 or Cheri at 231-5244 (cell 615-4701).

Wesley Community Services seeks to foster and support the independence, dignity and functioning of elderly individuals, including those who are low-income, who seek to remain in their home for as long as possible. Wesley Community Services provides Home Cleaning Services, Meals-On-Wheels, Medical Transportation Services, and Pet Portions Program (free pet food for client pets). Wesley Community Services is the largest provider of services to seniors funded by Hamilton County Elderly Services Program levy in 2006 by the Council on Aging of Southwestern Ohio and is a United Way partner agency. Visit our website at www.wesleycs.org.

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