



Chair Exercise Class

This class will start on September 7th and continue on Thursdays.

Classes will meet at:

Osage Nation Senior Center, 350 Senior Dr., Pawhuska.

Classes start at 10:00 am.

All are welcome! Come join us for some fun, friendship and fitness! Come out with the pleasant weather and exercise! Join us anytime, no pre-registration required!

Stress free exercise to keep you active and make daily chores easier!

No registration needed, just show up to class.

Osage Nation Public Health Nursing at 918-287-5482 or 918-287-5270.

