



December

## Exercise Snacks: Bite-Sized Movements For Healthy Aging

In this fun and practical presentation, you'll learn how to turn everyday moments into "exercise snacks" that can add up to big improvements in balance, strength, and mood. Come explore how small, playful challenges can keep you feeling strong, healthy, and independent.

DATE: 12.19.25

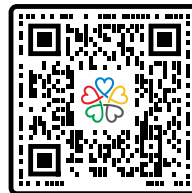
TIME: 11:30 AM

LOCATION: One Roof Southeast Neighborhood Ctr

ADDRESS: 405 E. Dubail Ave., South Bend, IN 46613

**Space is limited, reserve your spot today by calling (574) 284-7189 to register.**

**Register for lunch by 12 PM: 12.17.25**



*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act.*



**Alexander Tarr**

Community Outreach  
Specialist

Alex worked for many years as a certified fitness coach and personal trainer. In addition to his role at REAL Services, he is currently a full-time graduate student in the Master of Social Work program at Indiana University South Bend. His favorite "exercise snack" is an all-out sprint up and down the hall during class breaks.