

# Younger Next Year

with Anne Tremel & Paul Dehler

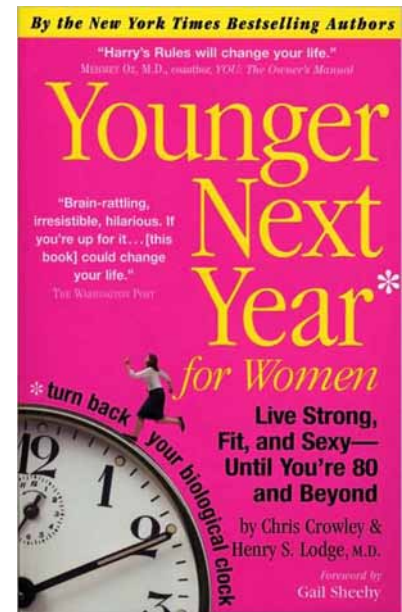
**Monday, 7:00-8:00 p.m.,**      **Sept. 27 - Nov. 1**  
**13825 W. Burleigh Rd., Brookfield**  
**262-754-3467**

**Wednesday, 6:30 - 7:30 p.m.,**      **Oct. 13 - Nov. 17**  
**600 N. Barker Rd., Brookfield**  
**262-786-3330**

This book coupled with these coaching sessions can change your life and your attitude about aging. Learn how to live strong, fit, and sexy until you are 80 and beyond. Based on the New York Time Best Seller "Younger Next Year", this is a great program for couples and friends who want to be motivated to stay active as they begin the journey through the "next third" of one's life.

6 weeks, 6 sessions, Member, \$59 includes book

Sign up with Anne 262-754-3472 or Paul 262-786-3330



**Brookfield & West Brookfield**  
**Concierge 262-754-3467, Anne Tremel 262-754-3472, Paul Dehler**