

MERRILL GARDENS

Senior Living. Enjoy More!

March 26, 2018

Re: Silver Sneakers Classes

Dear [REDACTED]

How wonderful it has been to have Silver Sneakers Classes here at Merrill Gardens!

The feedback from our residents is that they have enjoyed the classes; but even better – they are looking forward to building a fit body so that they can live a higher quality life in motion!

I've observed that the residents are more active in their walking and moving abilities during our activities; and there are less complaints about pain in their legs.

I am looking forward to greater progress as time moves forward.

Sincerely,

Active Life Program Director