



DONNA RUSCHEN
HEALTH & FITNESS

INTRODUCES

Vitality

A fitness program of nutrition, balance, posture & core stability specifically designed for the over 50+!

- ♥ IMPROVE POSTURE
- ♥ RESTORE BALANCE
- ♥ LESSEN JOINT PAIN
- ♥ LEARN GOOD NUTRITION
- ♥ PREVENT FALLS WITH CORE STABILITY
- ♥ AND INCREASE YOUR ENERGY FOR EVERYDAY ACTIVITIES

ALL AT **\$5** A CLASS

“ After my Vitality class I felt more confident and even taller in my posture.

Fay, aged 58

Thank you for teaching on posture plus other things. It has improved my back pain and I feel so much better.

Doreen, Aged 72. ”

**CONTACT
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“ After one lesson when Donna taught me about posture, a pain which had troubled my hip for years, left me.

Daphne, aged 79 ”