

Jessamine County Health Department
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Protecting the public's health and environment

Press Release

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FOR IMMEDIATE RELEASE:
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Nicholasville, KY ó The Jessamine County Health Department will begin a new session of free Body Recall classes on January 9. Body Recall is a nationally recognized low impact exercise and gentle movement program that was developed over 30 years ago to help individuals stay active while decreasing their risk for diabetes, obesity, and fall related injuries.

This free program is unique because participants can have fun in a social setting while enjoying a healthy workout that won't leave them sweaty or tired. Two certified Body Recall instructors will lead each class. No special exercise gear is needed. Participants are advised to wear loose comfortable clothing, socks, and safe shoes with good traction.

Classes meet at the Health Department, 215 East Maple Street, Nicholasville Kentucky, from 10-11 a.m. on Monday, Wednesday and Friday for 8 weeks.

To reserve a spot, please contact Karen Kakar at (859) 885-4149 x1007 or Andrea Brown at x 1025.