



## Community Calendar Announcement

- What:** “Forever Fit” Wellness Class
- Where:** Arden Hills Resort Club & Spa  
1220 Arden Hills Lane, Sacramento
- When:** Monday, March 11
- Time:** 11:30 a.m.
- Cost:** \$20.00
- For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

**Suggested Copy:** Regardless of your fitness level, virtually everyone experiences foot pain at some point in their lives and it’s an important topic to address as we age and our bodies change. Designed for the 50+ crowd, don’t miss a special “Forever Fit” wellness class on safe footwear and injury prevention for the feet at **Arden Hills Resort Club & Spa**. This is a great opportunity to come prepared with questions to ask the experts from Fleet Feet Sports. Open to everyone, space is limited. To find out more, call 916-482-6111 or visit [www.ardenhills.net](http://www.ardenhills.net).

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