

## Body Recall ~ with Aleene Block and Dinah Tanner, certified instructors

To register for the 9:00 am ~M/W/F ~ 10-week session

call Aleene and Dinah at 655-0392 or mail this registration form to the church c/o Body Recall

Name \_\_\_\_\_ Phone \_\_\_\_\_

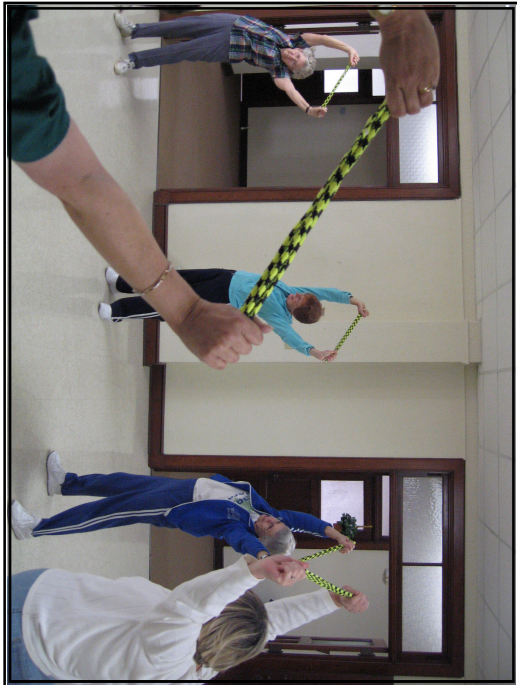
Address \_\_\_\_\_ Zip \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ Book (not required) \$20

1st time registration cost \$50, 2nd time \$45, 3rd time \$35, 4th time \$30

Summer Session (for those who already participate in the program) \$10

You can expect **Body Recall** to be gentle movements that helps blood circulate to all parts of your body without threatening the heart, an increased awareness of your own particular body functions, and a sense of achievement as you begin to regain control over the body you thought could never be called back to some of its former vitality and flexibility.



Laurel Heights United Methodist Church

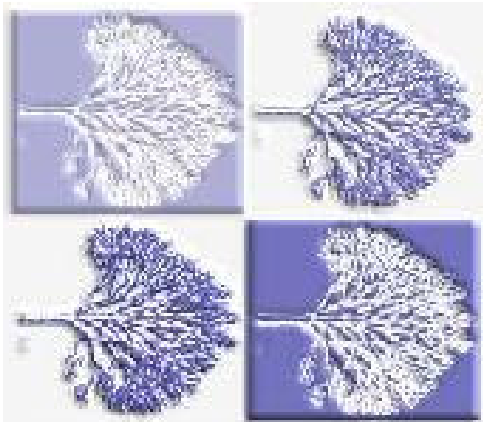
227 W. Woodlawn

San Antonio, Texas 78212

(210) 733-7156

[www.mylhume.org](http://www.mylhume.org)

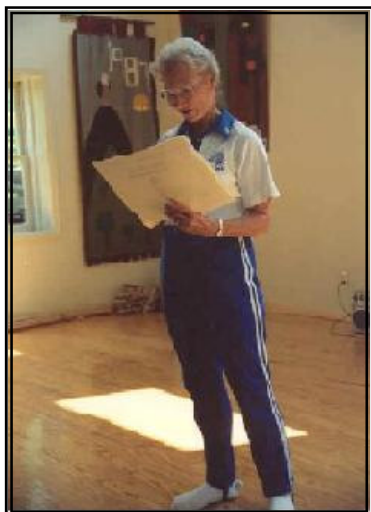
# Body Recall



**Low Impact**  
**exercise**  
**for all ages**



Body Recall is a safe, tested program of gentle exercise and movement developed for the longer living population.



It was developed in 1978 by Dorothy Chrisman, of the Berea College Physical Education Department.



**Body Recall is a different approach to movement.**

Fall Session 2009

September 14, 2009—November 20, 2009

Winter Session 2010

January 4, 2010—March 12, 2010

Spring Session 2010

April 5, 2010—June 11, 2010

Summer Session 2010

July 19, 2010—August 6, 2010

Fall Session 2010

September 13, 2010—November 19, 2010

9 AM

Room 312

## Here's what people are saying about Body Recall:

"I can open the car door with fingers I thought had stiffened forever." ~ Age 72

"It's amazing how much I have gotten from the Program! ~ Age 75

"I never feel obliged to do something my body cautions against, but instead am respected for listening to my own body." ~ Age 39

"Energy! I didn't know it was supposed to have this effect. WOW! ~ Age 66

"I still have a lot of plans, dreams and goals to achieve, and I must have a good, healthy body to do them with. With the Body Recall program, I'm going to help my body help me! ~ Age 39

"My head turns without pain, I sleep without painkillers, I feel a surge of energy." ~ Age 66