



FLOWERY VALE HEALTH & FITNESS CENTER OPENS – The Garrett County Community Action Aging and Nutrition Services recently announced the grand opening of the Flowery Vale Health & Fitness Center, or The Vale. Located at 204 South St. in Accident, the gym is currently open Mondays and Fridays from 4 to 6 p.m., and Tuesdays, Wednesdays, and Thursdays from 8:30 a.m. to noon. See story for details.

Flowery Vale Senior Health & Fitness Center Announces Grand Opening

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New site manager Barbra Friend is a native of Garrett County who attended elementary school in the building that Flowery Vale is located in now. Her background includes nursing, management, public health, and teaching. She started at the center in December 2016, and has a passion for hiking, biking, and most outdoor activities.

Membership of the center is made up of individuals focused on staying well. Some have such chronic diseases as high blood pressure, diabetes, and elevated cholesterol. There will be many changes occurring at the Flowery Vale Fitness Center to promote healthy living.

“Some are trying to beat the winter blues and fight the urge to hibernate during our Garrett County winters,” said a spokesperson. “All are having a good time meeting new friends and learning about healthy aging.”

Some of the wellness and fitness classes will be offered at the

center will be yoga, Tai Ji Quan, balance ball, light weights, gym equipment, diabetes self-management, and chronic disease self-management. There are also monthly social activities, events, and excursions planned for members.

To become a member, one must be 50 or older; however, younger individuals with health goals related to chronic conditions will also be considered. The cost of membership for an individual is \$20 every month, which includes all equipment, classes, events, and excursions. Nonmembers interested in signing up for a class may pay a fee.

There are also family and corporate discounts offered.

For more information, persons may call The Vale at 301-746-8050 during business hours.