



ANTHOLOGY OF TANGLEWOOD
504 Bering Dr. / Houston, TX

Independent Living
AnthologyofTanglewood.com

Let's Get Moving!

Saturday, December 18
10 AM

FREE FITNESS CLASS WITH PERSONAL TRAINER KATHY BROOK

Register for a complimentary 45-minute Balance, Strength and Stretch Class topped off with healthy snacks and a delicious light lunch. See firsthand how Anthology of Tanglewood helps residents stay healthy, strong and happy. Class limit is 15, so hurry to register.

This will be a socially distanced event. Masks required.

RSVP TODAY! 346-800-5450

