

An illustration of an elderly woman and man performing a side stretch exercise. The woman, on the left, is wearing a purple long-sleeved shirt and purple pants, with her right arm raised and bent, holding her right elbow with her left hand. The man, on the right, is wearing a green long-sleeved shirt and green pants, with his right arm raised and bent, holding his right elbow with his left hand. Both are smiling and looking towards the viewer.

※申込受付時間は、平日午前9時～午後5時までとなりますのでご注意ください。

[illegible]