



FIRST GREATER STONEGATE VILLAGE COMMUNITY EVENT HELD

Hector Vargas, a certified exercise coach and personal trainer, provided a very interesting program on maximizing health and maintaining strength and wellness as we age. The presentation was given on November 16, to Greater Stonegate Village members and volunteers. Mr. Vargas discussed the changes in the human body as it ages and exercise regimes that can help the body to stay healthy and maintain its muscle mass. Following his interesting presentation, including responses to many questions from the audience, Mr. Vargas expressed a willingness to meet with members of the Greater Stonegate Village at a community center to begin a group exercise regimen.



Hector Vargas