

The Right Moves

Staying Healthy At Any Age



(NAPS)—A recreational dance group of adults age 50 and older works to inspire people of all life stages to keep moving, maintain strong and healthy joints and do the things they love to do. Known as the Move Free Dancers, they maintain a healthy and active lifestyle through proper diet, exercise and a regimen of Move Free Advanced, a daily dietary supplement for joint health from Schiff. It has been clinically tested and, unlike glucosamine and chondroitin alone which could take a month to work, it starts comforting sore joints in less than seven days. For more information and to learn the “Move Free Dance,” visit www.movefreedancers.com.