

November 2022
Senior Health Promotion Program
Zoom Classes
(516) 483-0339



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging






Monday

Tuesday

Wednesday

Thursday

Friday

	1 10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	2 11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796 	3	4
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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Enjoy our Senior Health Program via Zoom

You can also visit one of our centers

Point Lookout Senior Community Service Center

(516) 432-5555

Hempstead Senior Community Service Center

(516) 565-1568

Port Washington Senior Community Service Center

(516) 944-9654

North Merrick Senior Community Service Center

(516) 571-8675