

March 2023
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 11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796 	2	3
6	7 10:30 Workouts with Cynthia Zoom ID: 850 2718 6050 Passcode: 849912 2:00 Zumba With Andrea Zoom ID: 757 851 7221 Passcode: Health	8 11:30 Exercise with Sheila Zoom ID: 862 9802 7529 Passcode: 684796 	9	10
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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE