

November 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 Classes may be canceled unexpectedly. We apologize for any inconvenience.	2 Please call us at 516-483-0339 if you have any questions or need assistance with logging in.	3
6	7 Closed for Election Day	8 Classes may be canceled unexpectedly. We apologize for any inconvenience.	9 Please call us at 516-483-0339 if you have any questions or need assistance with logging in.	10
13	14 10:30 Wise Workout w/ Cynthia Zoom ID – 875 6495 1888 Passcode- 363407 2:00 Zumba w/ Andrea Zoom ID: 757 851 7221 Passcode: Health	15 Classes may be canceled unexpectedly. We apologize for any inconvenience.	16 Please call us at 516-483-0339 if you have any questions or need assistance with logging in.	17

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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE