

**April 2024**  
**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	2	3	4	5
Classes may be canceled unexpectedly. We apologize for any inconvenience.	<b>2:00 Zumba w/ Andrea</b> Zoom ID: 757 851 7221 Passcode: Health			
8	9	10	11	12
Please call us at 516-483-0339 if you have any questions or need assistance with logging in.	<b>10:30 Wise Workout w/ Cynthia</b> Zoom ID: 872 5508 5760 Passcode: 676248  <b>2:00 Zumba w/ Andrea</b> Zoom ID: 757 851 7221 Passcode: Health			
15	16	17	18	19
	<b>10:30 Wise Workout w/ Cynthia</b> Zoom ID: 872 5508 5760 Passcode: 676248  <b>2:00 Zumba w/ Andrea</b> Zoom ID: 757 851 7221 Passcode: Health			

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22	23	24	25	26
	<b>10:30 Wise Workout w/ Cynthia</b> Zoom ID: 872 5508 5760 Passcode: 676248  <b>2:00 Zumba w/ Andrea</b> Zoom ID: 757 851 7221 Passcode: Health			
29	30			
	<b>10:30 Wise Workout w/ Cynthia</b> Zoom ID: 872 5508 5760 Passcode: 676248  <b>2:00 Zumba w/ Andrea</b> Zoom ID: 757 851 7221 Passcode: Health			



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE