



July 2026
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

<p>Classes may be cancelled unexpectedly. We apologize for any inconvenience. Please call us at 516- 483- 0339 if you have any questions or need assistance with logging in.</p>		1	2	3
6	7 10:30am Wise Workouts with Cynthia Meeting ID: 889 2500 0481 Passcode: 967462 2:00pm Zumba with Andrea Meeting ID: 757 851 7221 Passcode: Health	8	9	10
13	14 10:30am Wise Workouts with Cynthia Meeting ID: 889 2500 0481 Passcode: 967462	15	16	17

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20	<p style="text-align: right;">21</p> <p>10:30am Wise Workouts with Cynthia Meeting ID: 889 2500 0481 Passcode: 967462</p> <p>2:00pm Zumba with Andrea Meeting ID: 757 851 7221 Passcode: Health</p>	22	23	24
27	<p style="text-align: right;">28</p> <p>10:30am Wise Workouts with Cynthia Meeting ID: 889 2500 0481 Passcode: 967462</p> <p>2:00pm Zumba with Andrea Meeting ID: 757 851 7221 Passcode: Health</p>	29	30	31



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE