

August 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

3 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.	4 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	5	6	7
10	11 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	12	13	14
17	18 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	19	20	21

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24	25 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	26	27	28
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BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE