

mainstream

the institute for mature adults at Westchester Community College

And

Westchester County Department of Senior Programs and Services *Presents*

Stay Strong and Fit

Exercises to improve balance, agility, cardiovascular endurance,
flexibility and strength.

10 Mondays, January 8 – March 25

No Class 1/15 & 2/19

11:30 – 12:30 pm

Joseph G. Caputo Senior Center



Course Instructor: John O'Connor

To sign up, Debbie Klein

Westchester
gov.com

Mae Carpenter, Commissioner
Department of Senior Programs and Services

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