



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.

15 Mondays, May 6 – August 26
(No class 5/27, 7/22)

11:30 – 12:30 pm

Joseph G. Caputo Senior Center



Course Instructor: John O'Connor

To sign up, Debbie Klein (914) 762-7655



Mae Carpenter, Commissioner
Department of Senior Programs and Services



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