

# mainstream▶

the institute for mature adults at Westchester Community College

and

Westchester County Department of Senior Programs and Services

*Presents*

## Stay Strong & Fit

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

**16 Mondays, May 1 – August 28, 2023**

**(No Class No class 5/29 & 6/19)**

**11:30 am – 12:30 pm**

**Ossining Senior Center**



**Course Instructor: John O'Connor**

**To sign up, see Debbie Klein**

*(914) 762-7655*

Westchester  
gov.com

Mae Carpenter, Commissioner  
Department of Senior Programs and Services

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