



And

Westchester County Department of Senior Programs and Services *Presents*

## Stay Strong and Fit

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

**9 Mondays, January 6 – March 17**

**No Class 1/20 & 2/17**

**11:30 – 12:30 pm**

**Joseph G. Caputo Senior Center**



**Course Instructor: John O'Connor**

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

Westchester  
gov.com Mae Carpenter, Commissioner  
Department of Senior Programs and Services



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