



April 2024
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

1	2	3	4	5
<p>Classes may be canceled unexpectedly. We apologize for any inconvenience.</p>	<p>2:00 Zumba w/ Andrea Zoom ID: 757 851 7221 Passcode: Health</p>			
<p>Please call us at 516-483-0339 if you have any questions or need assistance with logging in.</p>	<p>10:30 Wise Workout w/ Cynthia Zoom ID: 872 5508 5760 Passcode: 676248</p> <p>2:00 Zumba w/ Andrea Zoom ID: 757 851 7221 Passcode: Health</p>			
<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>

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22	23 10:30 Wise Workout w/ Cynthia Zoom ID: 872 5508 5760 Passcode: 676248 2:00 Zumba w/ Andrea Zoom ID: 757 851 7221 Passcode: Health	24	25	26
29	30 10:30 Wise Workout w/ Cynthia Zoom ID: 872 5508 5760 Passcode: 676248 2:00 Zumba w/ Andrea Zoom ID: 757 851 7221 Passcode: Health			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE