



**November 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

<p>Classes may be canceled unexpectedly. We apologize for any inconvenience.</p> <p>Please call us at 516- 483- 0339 if you have any questions or need assistance with logging in.</p>				<p>1</p>
<p>4</p>	<p>5</p> <p><b>10:30 Wise Workout with Cynthia</b>  Zoom ID: 828 6399 8363  Passcode: 844956</p> <p><b>2:00 Zumba with Andrea</b>  Zoom ID: 757 851 7221  Passcode: Health</p>	<p>6</p>	<p>7</p>	<p>8</p>
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**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE