



March 2025
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 cancelled unexpectedly. We apologize for any inconvenience. Please call us at 516- 483- 0339 if you have any questions or need assistance with logging in.</p>	<p style="text-align: center;">•</p>			
3	<p style="text-align: center;">4</p> <p style="text-align: center;">10:30 Wise Workout with Cynthia Meeting ID: 882 5058 6358 Passcode: 994702</p> <p style="text-align: center;">2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health</p>	5	6	7
10	<p style="text-align: center;">11</p> <p style="text-align: center;">2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health</p>	12	13	14

Monday

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17	18 2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health	19	20	21
24	25 2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health	26	27	28



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE