



*Celebrate*

# NATIONAL SENIOR HEALTH & FITNESS DAY



**WEDNESDAY, MAY 29TH  
9:00 AM - 2:00 PM**

- CHAIR YOGA • LOW IMPACT AEROBICS • LINE DANCING
- ADULT SEXUAL HEALTH • NUTRITION • HEALTHY SLEEP HABITS

For more information, or table for hire  
call: (718) 454-2100 Ext 116