

Gentle Movement Class

Improve balance, strength, and overall wellness



When: Wednesday, August 5th at 11:00 AM

Where: 1425 Teaneck Road,
Age Friendly Teaneck
Community Room

RSVP- Call 201-530-6756 or **email**

info@agefriendlyteaneck.org with YWCA in the subject
line, Parking at the Municipal lot at Beveridge St

Christopher Carroll

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waiver required for participation.

Made possible by a Bergen County APC contract
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