



AGE-FRIENDLY TEANECK PRESENTS:

Armchair Aerobics



with

Bill Wright, CTRS

Community Outreach Liaison
Bergen New Bridge Medical Center

MONDAY, APRIL 14, 2025 • 2pm

Armchair aerobics offers seated exercises to improve flexibility, strength, and circulation with low impact.

Age-Friendly Teaneck Community Center

1425 Teaneck Rd, Teaneck, NJ 07666

Parking is available at the municipal lot at 1391 Teaneck Rd, entrance near Beveridge St.

RSVP:

Call 201-530-6756 or email info@agefriendlyteaneck.org.

Please add "Armchair Aerobics" in the subject line when you RSVP.

