

Nassau County Comptroller **GEORGE MARAGOS** is sponsoring the Winthrop Wellness Community Outreach Center as they present



George Maragos
Comptroller



Seniors Take Action...

Are you afraid you might fall? Do you feel off balance?

Fall Prevention Awareness

at

Old Bethpage Village Restoration
1303 Round Swamp Road
Old Bethpage, New York 11804

All classes are "FREE." Registration required as seating is limited.

Get Moving – strengthen your muscles and improve your flexibility

Move with Music – through music improve your mobility,
flexibility and balance

Be Prepared – tips for the winter months, what to do if you fall

To Register call: (516) 571-2386

All classes will be at 11:00 AM on the following dates
Please wear proper shoes and bring water

Get Moving - Monday, October 28, 2013

Move with Music - Monday's, November 4, 2013 or December 2, 2013

Be Prepared – Monday's, November 18, 2013 or December 16, 2013