



Mondays at 1:00pm: June 5th, 12th & 26th

Holland Street Center: 167 Holland Street

Led by Julie Kaufmann:

This program works on improving balance which can decrease risk of falls, increase range of motion, and help participants gain strength and endurance, all of which can increase overall well-being. Dance with props to eclectic music – from Broadway to Bollywood, Rock to R&B, Country to Classics, Pop to Polka, Folk to Fifties. Be prepared to have fun on your way to better health.

*For more information contact Phelan at 617-625-6600 ext. 2315,
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