



# Virtual Exercise Strength and Balance



Join this live online class that focuses on strength training and balance. This is a chair-based workout with the option of doing supported standing activity and using handheld weights. Practice exercises that will keep your body and mind healthy, strong, and active.

Every Monday at 1:00pm  
in November on Zoom



E-mail John at [jrpecchia@gmail.com](mailto:jrpecchia@gmail.com)  
for the Zoom Link



**Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).**

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.