



Moving you to better health with the **Lebed Method**



Healthy-Steps is a movement program designed to help you thrive! This playful class is for everyBODY and can be done seated or standing. It focuses on improving strength and endurance, range of motion, and provides an opportunity to work on balance. Dance with props to eclectic music and have fun on the way to better health.



**Six week program on Thursdays, January 22<sup>nd</sup> and 29<sup>th</sup>, February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> at 3:00pm at the Holland Street Center**



**For more information and to register,  
contact Michelle Deutsch at 617-625-6600 x2315**



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.