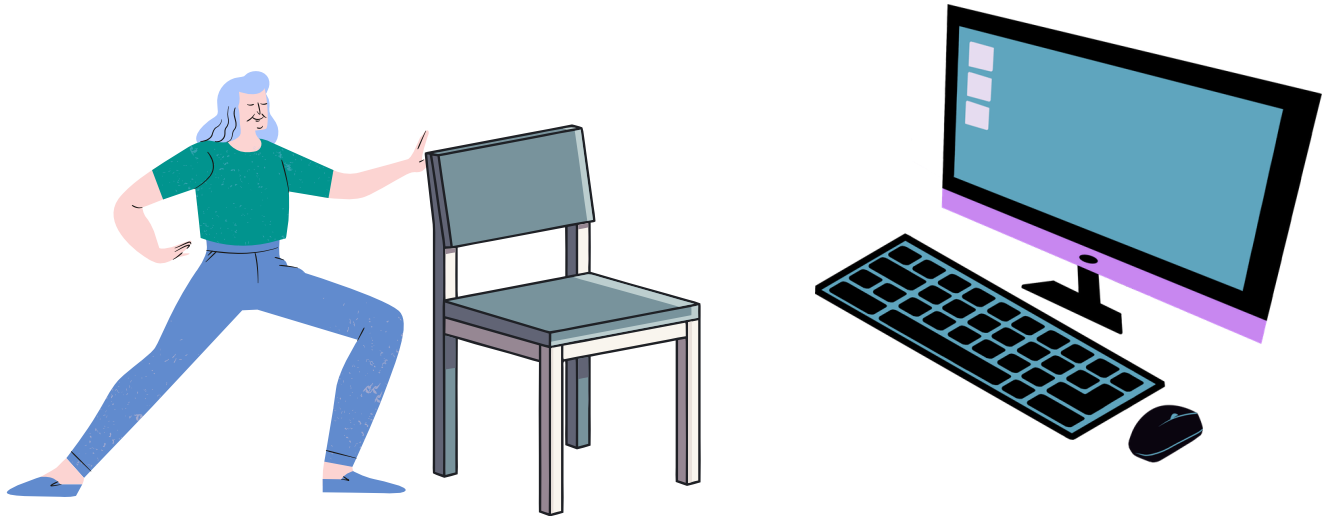


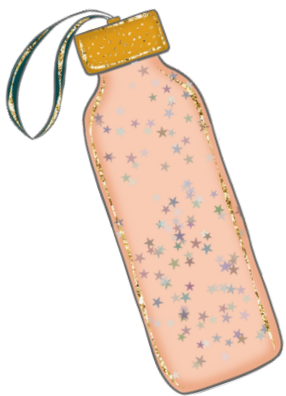


# Virtual Exercise Strength and Balance

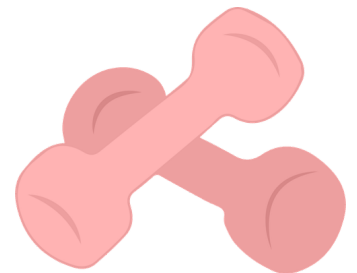


Join this live online class that focuses on strength training and balance.

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  
on Zoom in June**



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



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