

# **Somerville Council on Aging**

Join us on **Thursday Afternoons** at the  
**Ralph & Jenny Senior Center**  
**9 New Washington Street**

**Starting Thursday November 29, 2018**

**1:00 pm – 2:00 pm**

Julie Kaufman of Julie Kaufman Dancin' ([www.jkdance.com](http://www.jkdance.com))  
will be teaching



Healthy-Steps is a therapeutic, gentle, movement class for anyone who needs to get moving, particularly anyone recovering from surgery, frail elders, or those living with a chronic illness such as cancer, fibromyalgia, Parkinson's, MS, chronic fatigue, or rheumatoid arthritis. The class is fun and easy to do, and no special physical abilities are required.

**This class is free of charge**

For more information call 617-625-6600 ext. 2300