

Somerville Council on Aging

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

Starting Thursday January 3, 2019

12:45 pm – 1:45 pm

Julie Kaufmann of Julie Kaufmann Dancin' (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