



Healthy Living



Body and Mind Fitness

Ease aches and pains
Increase energy
Improve mood
Sleep better

A drop-in class for active and retired FDNY members

Moderate Exercises	Stretches	Mindfulness Techniques
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*Open to all abilities
including those with limited mobility or injuries.*



Move towards your goals for Healthy Living in 2011.

Fridays 1-2:15 pm

Fort Totten CSU
Building 413B
Bayside, NY 11359
February 4-March 25

Mondays 10-11:15 am

Brentwood CSU
Center Cottage
Suffolk Community College
Crooked Hill Road
Brentwood, NY 11717
February 7-March 28

**No class Monday 2/21 due to
Presidents' Day Holiday*

Please come 10 minutes early your first time to fill out a registration form.
Contact Maureen Healy at 212-570-1693 ext. 312 for more information.