



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

Relaxation Techniques

*Open to all abilities
including those with limited mobility or injuries.*



Move towards your goals for Healthy Living in 2011.

SPRING SCHEDULE

Mondays 10-11:15 am

Brentwood CSU

Center Cottage

Suffolk Community College

Crooked Hill Road

Brentwood, NY 11717

**No class 5/30 Memorial Day*

Fridays 12:30-1:45 pm**

Fort Totten CSU

Building 413B

Bayside, NY 11359

****NEW
TIME!!**

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.