



Healthy Living In Retirement

- *Since Retirement have you turned into a couch potato?*
- *Wanting to feel better but not sure where to start?*
- *Missing the action of the firehouse?*
- *Health problems holding you back from working out?*
- *Feeling stressed?*

FDNY –CSU invites retired members to an eight week group to support healthy living in retirement including: Qi-gong, Yoga and fitness training and information on nutrition as well as an opportunity to learn relaxation techniques (meditation, breathing techniques and acupuncture).

Where: Staten Island CSU
1688 Victory Blvd
Staten Island, NY 10314

When: Mondays 11:00-1:00
Beginning March 1st (note new start date)

For questions or to register contact Kim Ahearn, Jessica Metz, or Greg Smith at 212-570-1693 or ahearnk@fdny.nyc.gov/metzj@fdny.nyc.gov/smithgj@fdny.nyc.gov.

