Gentle Movement Class

Improve balance, strength, and overall wellness

When: Monday, November 9th at 11:00 AM

Where: 1425 Teaneck Road,
Age Friendly Teaneck
Community Room

RSVP- Call 201-530-6756 or **email** info@agefriendlyteaneck.org with YWCA in the subject line, Parking at the Municipal lot at Beveridge St

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Christopher Carroll

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waiver required for participation.

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eliminating racism
empowering women
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