Bergen New Bridge Medical Center

A Clinical Affiliate of RUTGERS

AGE-FRIENDLY TEANECK PRESENTS:

Balance Aerobics

with

Bill Wright, CTRS

Community Outreach Liaison

Bergen New Bridge Medical Center

MONDAY, DECEMBER 14, 2026 • 11 am

Balance aerobics strengthens the muscles that support balance, improves posture, and reduces the risk of falls.

Age-Friendly Teaneck Community Room

1425 Teaneck Rd, Teaneck, NJ 07666

Parking is available at the municipal lot at 1391 Teaneck Rd, entrance near Beveridge St.

RSVP:

Call 201-530-6756 or email info@agefriendlyteaneck.org.

Please add “Balance Aerobics" in the subject line when you RSVP.

AgeFriendly TEANECK

THE BRIGHT SIDE FAMILY