

Healthy Options Program

For 55+!



Line Dancing

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

TBD

October 29, 2019—December 3, 2019
Tuesdays, 11:00 am—12:00 pm

Instructor: Shirley Mackey

Due to the extended success of our programs we changed our registration procedures. To give an equal opportunity to all of our participants sign-up will begin on **September 29, 2019**.

**To register, contact Judi Brubaker at
410-996-8177 or jbrubaker@ccgov.org**

Healthy Options Program for 55+ ... No cost workshops
designed to help you get in shape and stay there!

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