

# Healthy Options Program



**ZUMBA<sup>®</sup>**  
gold

For 55+

Dance your way to feeling better with one of the most popular exercise programs in the country. A great way to get in shape and have fun in the process!

**Rising Sun Community Center  
17 Wilson Road  
Rising Sun, MD 21911**

**Thursdays, January 9—February 13, 2020  
11:15 am—12:15 pm**

**Instructor: Mary Briggs**

Registration opens December 9, 2019.

**To register, contact Judi Brubaker at  
410-996-8177 or [jbrubaker@ccgov.org](mailto:jbrubaker@ccgov.org)**

**Please note: Inclement weather policy follows Cecil County Public Schools. If CCPS is LATE OR CANCELLED, classes will not be held. We will do our best to contact you via phone or e-mail.**

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

Sponsored by Cecil County Department of Community Services.  
Funded by a grant through the Maryland Department of Aging

