

# 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.

**Elkton Parks & Recreation  
219 North Street  
Elkton, MD 21921**

**January 27, 2020—March 9, 2020  
Mondays, 12:00 pm—1:00 pm  
(no class 02/17)**

**Instructor: Shirley Mackey**

**Registration opens December 27, 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!**

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