

And

Westchester County Department of Senior Programs and Services *Presents*

Stay Strong and Fit

(Fall Prevention)

Exercises to improve balance, agility, cardiovascular endurance, flexibility and strength.

12 Mondays, September 14 – December 21, 2026

11:30 am – 12:30 pm

(No Class Mondays 9/21, 9/28 & 10/12)

Joseph G. Caputo Senior Center



Course Instructor: John O'Connor
To sign up, see Debbie Klein