## Wellnes Program

**Mondays: 6 weeks  $60**  
July 11–August 15  
8–9am | *Aquasize*  
A water aerobics class geared to exercise without stress.  
Bring bathing suit, towel, water shoes and a lock.  

**10–11:30am | Yoga & Pilates**  
Exercises in this course target the abs and back while also building flexibility and improving balance.  
Bring a yoga mat and yoga belts.  

**11:45am–1:15pm | Line Dancing**  
This fun dance class focuses on cardio and core conditioning.  
Bring soft sole dance shoes. No street shoes allowed.

**Wednesdays: 6 weeks  $60**  
July 6–August 10  
8–9am | *Aquasize*  
A water aerobics class geared to exercise without stress.  
Bring bathing suit, towel, water shoes and a lock.  

**10am–11:30am | Arthritis Workout**  
Gentle exercises in and out of the chair for joints, muscles and bone density. Exercise bands included for strength training and endurance.  
Wear sneakers and bring 2 or 3 lb. weights to class.  

**11:45am–1:15pm | Dance off the Weight**  
This course combines fun dance moves with toning exercises using resistance bands, all designed to slim you down.  
Bring resistance bands and dance sneakers to each class.

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### One-Day Workshops

**Wednesday, July 20th, 1:30–4:30pm**

**“Conscious Contentment” $30**

Almost everyone longs for fulfillment and contentment, but often feel that these are elusive. Learn how to shift from agitation to tranquility when imbalances and stress arise.  
**Wear loose comfortable clothing.**

**Tuesday, July 26th, 10am–1pm**

**“Intro to Reiki” $30**

Learn how the power of Reiki can change and heal you. Discover how people use Reiki to relax and strengthen their wellbeing.  
**Wear loose comfortable clothing and bring bottled water.**

Registration fee is waived for the 50+ Wellness Program and free parking is available to all participants.  
Registration begins June 13, 2016, register early to avoid disappointment!  
Call 718-368-5050 for more information.
LIVE WELL-DO WELL-AGE WELL

The National Council on Aging in collaboration with Kingsborough Community College presents:

LIVE WELL-DO WELL-AGE WELL

A 10-week program based on the National Aging Mastery Program.
Fall 2016 Semester
Tuesdays 10:20am-12noon
October 4-December 13, 2016 (No class 11/8)
$60.00 materials fee

Registration will begin Tuesday, September 6th, 2016 call 718-368-5050.
Registration fee is waived for Aging Mastery Program and free parking is available to all participants.

The program is designed to offer participants the skills and tools needed to achieve measurable improvements in navigating longer lives, Managing Health, Exercise & You, Healthy Eating & Hydration, Financial Fitness, Advanced Planning, Healthy Relationships, Helping Others, Civic Engagement, and much more!

In order to officially graduate from this program you must be in attendance for 7 out of 10 classes.

For more information, call Susan Lavin at (718) 368-5079