



Health is Wealth Walk with Ease Program
Beginning March 9th, 2020

Get Ready – Get Ready

Let's Start to Shred the Pounds and Tone the Body

Let's Move



Every Monday and Wednesday for 8 Weeks

Spring into Action - Join our exercise walking group

1159 Elton Street - 5:00pm

Cardio, Strength Training, Stretching

For additional information call (718) 676-5920

Build group support to help you reach your fitness goals.

Learn about Problem Solving to Overcome Barriers to Exercise