



# Manalapan Senior Center

## Strength & Balance with Laura

Join Laura for a class designed to increase mobility, flexibility and balance.

**THURSDAY, AUGUST 7 AND AUGUST 21, 2025**

**10:30 AM**

**MANALAPAN COMMUNITY CTR**

**114 RT. 33 WEST**



**RSVP by 8/5 in person  
or call 732-446-8401  
Space is limited**