



MANALAPAN SENIOR CENTER

Strength & Balance with Laura

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

THURSDAY, SEPTEMBER 11, 18, & 25

10:45 AM

MANALAPAN COMMUNITY CTR

114 RT. 33 WEST



**RSVP in person
or call 732-446-8401**

Space is limited

(enrollment in all sessions is not guaranteed)