

St. John Neumann Senior Exercise Program

Have these months of inactivity and isolation taken a toll on your ability to be up and about? Do you have a fear of falling? Loss of balance? Join the fun group of seniors determined to keep moving.

WHEN: Tuesday mornings at 10 a.m. to 11:30 a.m.

WHERE: St. Raymond Campus Hall

REQUIREMENT: for the protection of our senior citizens Proof of Covid Vaccination

For more information call Marion Maguire—609-432-8977