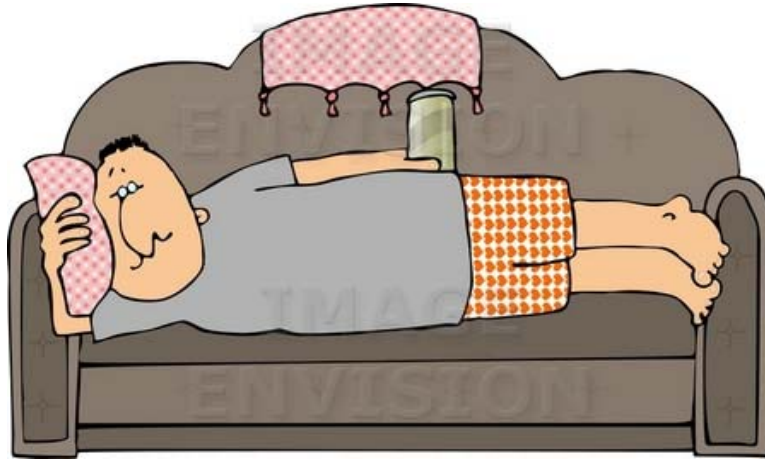


Since Retirement have you turned into a couch potato??



- *Health problems holding you back from working out?*
- *Wanting to feel better but not sure where to start?*
- *Put on weight?*
- *Feeling stressed?*
- *Missing the action of the firehouse?*

FDNY –CSU invites retired members to an eight week group to support healthy living in retirement. The group will include a weekly movement activity (walking, Qi-gong, Yoga) and information on nutrition as well as an opportunity to learn relaxation techniques (meditation, breathing techniques and acupuncture) for de-stressing.

Ft Totten CSU
Ft Totten Building 413A
Bayside, NY 11364
Mondays 12:00-1:30
Beginning Oct 19th

Staten Island CSU
1688 Victory Blvd
Staten Island, NY 10314
Thursdays 11:30-1:00
Beginning Oct 22nd

For questions or to register contact Kim Ahearn, Jessica Metz, or Greg Smith at 212-570-1693 or ahearnk@fdny.nyc.gov/metzj@fdny.nyc.gov/smithgj@fdny.nyc.gov.

