

CLASS	DAY	TIME	DATES	FEE
LECTURES Contributions accepted for all free programs				
Balance Your Way To A Better Life: A Guide On Maintaining And Improving Balance For Seniors Speaker: Kathleen Divone, CPT, Metro Physical & Aquatics Therapy	M	11:00-12:00pm	6/24	FREE
Summer Food Shopping With Your Health In Mind (ShopRite Dietician) Speaker: Annemarie Miller, RDN	M	12:45-1:45pm	6/24	FREE
Live From Guatemala: An American Family's Experience Speakers: Michael, Virginia, Leo & Sadie Friedman	M	12:45-1:45pm	7/1	FREE
4 Ways To Pay For Long-Term Care Speakers: Brian Tully & Gloria Matos	M	12:45-1:45pm	7/8	FREE
Hips & Knees, Arthritis & Total Joint Replacements: If You Don't Use It You Lose It. A Guide How To Deal With Arthritis And An Insight To Total Joint Replacements Speaker: Daniel Nagorski, DPT Metro Physical & Aquatics Therapy	M	11:00-12:00pm	7/22	FREE
96 and Looking Back! Speaker: Ira Soblick	M	12:45-1:45pm	7/29	FREE
You Are What You Eat: A Synopsis Of Current Nutrition Strategies And Approaches To Lead A Healthy Lifestyle Speaker: Ian Feurtado, MS, CPT Metro Physical & Aquatics Therapy	M	11:00-12:00pm	8/26	FREE
Diversity & Inclusion in Major League Baseball Administration Speaker: Renee Tirado, VP of Talent Acquisition for MLB	M	12:45-1:45pm	8/26	FREE