

*Please join us for*

# Balance Aerobics



*with*

**Bill Wright, CTRS**

Community Outreach Liaison

Bergen New Bridge Medical Center

**THURSDAY, MARCH 5, 2026**

**12:15pm**

**Old Tappan Senior Center**

247 Old Tappan Road, Old Tappan, NJ 07675

For questions, please contact Bill Wright at 201.247.7438