

Presented by ATRIA Fairhaven

Conductorcise®



Maestro
David Dworkin



Whether you participate in Conductorcise® for the mental or physical health benefits or for just plain fun, this program that *The New York Times* calls "a blend of workout session and music education class, is sure to enliven your exercise routine and enhance your enjoyment of some of the world's greatest music."

When: WEDNESDAY, SEPTEMBER 28th

Time: 10:30 – 11:30 a.m.

Location: BROOKLAWN CENTER
1997 Acushnet Ave. (near duck pond)

Cost: FREE!

Call: 508-961-3100

Note: A nutritious lunch through Coastline Elderly is served at 11:30 a.m. that day. If you would like to order a lunch, please call the number above no later than Monday, Sept. 26th.