



SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

STAYING FIT WITH ZUMBA FOR SENIORS: WEBINAR



Tuesday, February 3, 2026
1:00 p.m. - 2:00 p.m.

Join us for a Zumba session led by Fernanda Jarrin, a certified Zumba instructor.

You will learn some basic simple movements to help burn calories, improve heart health and reduce stress.



Register by phone or email:
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