



**METRO PHYSICAL &
AQUATIC THERAPY**

METRO ACTIVE LIVE

WEEKLY WELLNESS EDUCATION PROGRAM

https://zoom.us/join/zoom/register/tJMpfuurpz8qG9Sp0z_tzTq1tl9EobcL5LLq_

Every Thursday 1:30 PM

WE ARE OPEN

- Virtual Therapy
- In-home therapy
- Office therapy
- Wellness Programs
- 1 on 1 Pilates therapy

FOR MORE INFORMATION:

Call: (516)-745-8050

metropt.com



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SILVER SNEAKERS

FRIDAY's at 12 PM

https://zoom.us/join/zoom/register/tjYrc-qqqjMjG90RgH_SeH6m1wgadZCFg6th



Join Ian Feurtado
every week for a
seated exercise
class!

Equipment needed:

Chair

Water

2 soup cans/bottles of water

OR weights

A good attitude