



**Thomas F. Barraga**  
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**FOR IMMEDIATE RELEASE:**  
**DATE:** July 3, 2014  
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## ***BARRAGA: NEWS FROM THE 11<sup>TH</sup> DISTRICT***

### **BARRAGA REMINDS SENIORS OF IMPORTANT FITNESS CLASSES**

Suffolk County Legislator Tom Barraga (R-West Islip) would like to take this opportunity to remind seniors residing in his legislative district of free fitness classes, listed below, that are being offered by Suffolk County:

#### **“Stepping On”**

“Stepping On” is a seven-week program that focuses on improving balance and strength, home community safety, vision, safe footwear and medication review. According to the Centers for Disease Control Prevention (CDC), the program has successfully reduced the number of falls by 31 percent. The number of openings for the “Stepping On” program is limited. Openings are filled on a first-come, first-served basis.

Dates and times for scheduled classes are listed below:

#### **West Islip:**

Tuesdays, July 15 – August 26, 10: a.m. – 12:00 p.m.

West Islip Library

3 Higbie Lane, West Islip, NY 11795

Contact: Donna MacGilvray, 631-661-7080

Registration deadline: July 22, 2014

#### **West Islip:**

Thursdays, July 17 – August 28, 10:00 a.m. – 12:00 p.m.

West Islip Library  
3 Higbie Lane, West Islip, NY 11795  
Contact: Donna MacGilvray 631-661-7080  
Registration deadline: July 24, 2014

**“Staying Independent for Life”**

“Staying Independent for Life” covers much of the information that is provided in the “Stepping On” program in a condensed, two-hour session.

**West Islip:**

Thursday, July 3 from 10:00 a.m. – 12:30 p.m.  
West Islip Library  
3 Higbie Lane, West Islip, NY 11795  
Contact: Donna MacGilvray 631-661-7080