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Department for the Aging

Lilliam Barrios-Paoli
Commissioner

Stay Well Exercise Manual Request Form

To order this manual, you must reside in New York City and be over 60 years of age.
Please provide the following information:

Name _____ State _____

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Do you attend a senior center?. ◯ Yes ◯ No

If yes, Enter Senior Center: _____

Only one copy per request. The Stay Well Exercise Manual will be mailed to your home. Quantities are limited.

You can request your copy of the Stay Well Exercise Manual via email, Fax or regular mail.

VIA EMAIL:
Complete all fields on the form and click "Submit by Email" button. This form will walk you through the simple process. Please click the send button in your email client to send your request.

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