

and

Westchester County Department of Senior Programs and Services
Presents

Chair Yoga

Benefits include improving flexibility and balance, building strength, and increasing muscle tone.

9 Wednesdays: January 8 – March 12
(No class 2/19)
10:00 – 11:00 am

Joseph G. Caputo Senior Center



Course Instructor: Ellen Cohen

To sign up, see Debbie Klein

(914) 762-7655