

and

Westchester County Department of Senior Programs and Services
Presents

Chair Yoga

Benefits include improving flexibility and balance, builds strength, and increases muscle tone.

12 Wednesdays, January 3 – March 27
(No class 2/21)

10:00 – 11:00 am

Joseph G. Caputo Senior Center



Course Instructor: Ellen Cohen

To sign up, see Debbie Klein