

and

Westchester County Department of Senior Programs and Services

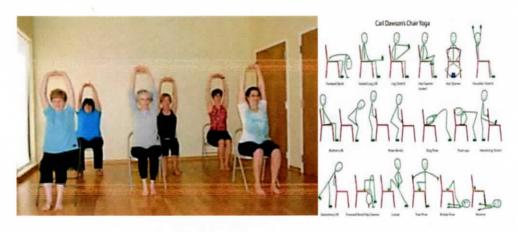
\*Presents\*\*

## **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





Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with Federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further, subcontractors of the WCDSPS shall be required to meet the above stated standards.