

and

Westchester County Department of Senior Programs and Services
Presents

Chair Yoga

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

15 Wednesdays, May 1 – August 28
(No class 6/12, 6/19, 7/24)

10:00 – 11:00 am

Joseph G. Caputo Senior Center



Course Instructor: Ellen Cohen

To sign up, see Debbie Klein

(914) 762-7655