



# Senior Yoga Classes

Enhance your quality of life!

Our chair yoga classes  
improve balance, posture, flexibility,  
breathing & lung expansion

Enjoy relief from pain & stiffness  
while reducing your stress & anxiety

Take a break from your troubles  
& feel the difference  
yoga can make in your life

**Where: Office on Aging**

**When: Thursdays, 11AM**

**Recommended Contribution:**

**\$1 per class / \$.50 per class (PAAD & Medicaid)**

**Free classes the entire month of your birthday**



*South River Office On Aging*

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