

CHAIR YOGA

Our new movement class with instructor **Jeanne Teary** will help you increase strength, balance,



flexibility, and coordination in a gentle way geared to older adults. Chair yoga can reduce stress, provide socialization, and offer coping mechanisms for pain

through breathing and meditation. Wear loose clothing you can move in.

MONDAYS IN 2019

11:15 AM – 12:00 PM

*Register at our
Welcome Center*

or call 513.423.1734



\$3 per class for
non-members



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