

# 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

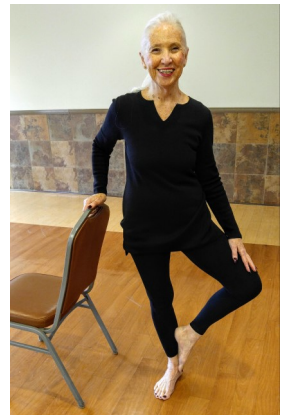
through breathing and meditation. Wear loose clothing you can move in.

**MONDAYS**

**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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