

CHAIR YOGA

Our chair yoga class with instructor **Jeanne Terry** 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.



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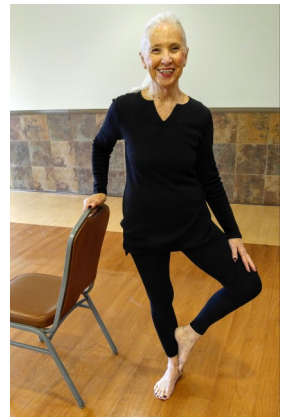
and meditation. Wear loose clothing you can move in.

MONDAYS IN 2020

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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