

PRESENT

An Introduction to
Chair Yoga & Meditation

OFA Services Overview



Try Something New!

Increase Flexibility • Improve Strength • Reduce Stress
Improve Balance • Sleep Better



Thursday, January 4, 2024 • 2pm to 3pm



Finkelstein Memorial Library • 3rd Fl - Fielding Room
24 Chestnut St, Spring Valley, NY 10977

Reservation required. Space is limited.

To reserve your spot, call:

845-364-2110 or 845-352-5700 x244

Website: www.finkelsteinlibrary.org/adult-programs

For Rockland County residents, 60 years and over

Please come prepared:

- *Comfortable attire* • *Appropriate footwear* • *Water for hydration*