

PRESENTS

A SPECIAL WINTER 2024 SERIES!

# CHAIR YOGA

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



## SELECT WEDNESDAYS:

- January 10
- January 17
- January 24
- January 31
- February 7
- February 14
- February 21
- February 28
- March 6
- March 13
- March 20
- March 27

**2:30pm to 3:30pm**

**Palisades Center**  
**4th FL - BESSO Room**  
1000 Palisades Center Dr.  
West Nyack, NY 10994

***Reservation required. Space is limited.***

Call **845-364-2110** to reserve your spot!

***Please come prepared:***

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

***Rockland County residents,  
60 years and over***