

PRESENT

*An Introduction to*  
**Chair Yoga & Meditation**

*OFA Services Overview*



***Try Something New!***

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



**Thursday, March 14, 2024 • 10:30 to 11:30 a.m.**



**HVERSTRAW  
KING'S DAUGHTERS  
PUBLIC LIBRARY**

10 West Ramapo Rd.  
Garnerville, NY 10923

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

**To reserve your spot, call:**

**845-364-2110 or 845-786-3800 x18 or 19**

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

***Please come prepared:***

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