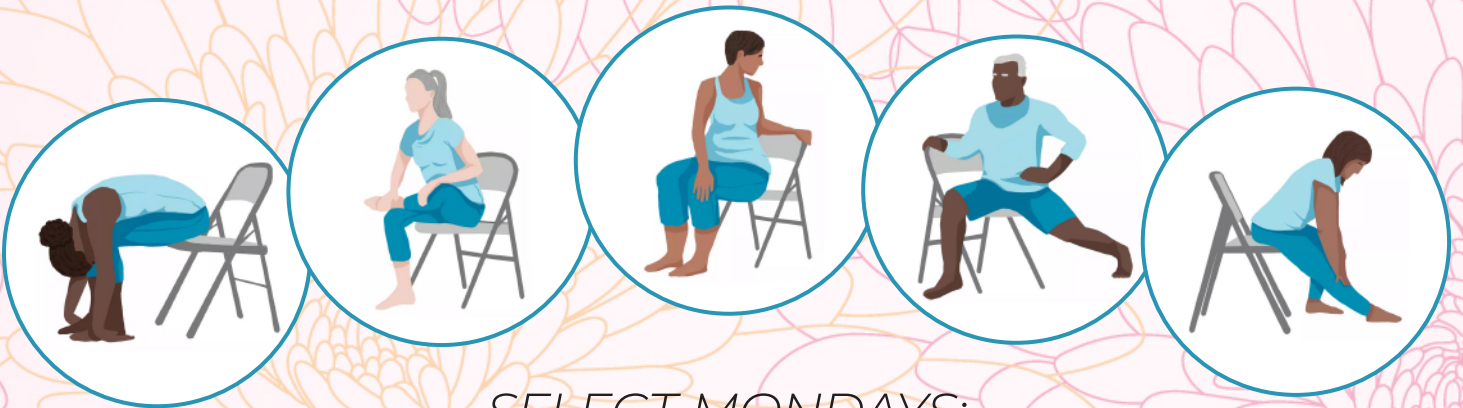


PRESENTS

A SPECIAL SUMMER 2024 SERIES!

Chair Yoga

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



SELECT MONDAYS:

- June 17
- June 24
- July 1
- July 8
- July 22
- July 29
- August 5
- August 12
- August 19

2:30pm to 3:30pm

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

Reservation required. Space is limited.

Call **845-364-2101** to reserve your spot!

Please come prepared:

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

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