

PRESENTS

A NEW SUMMER SERIES IN POMONA!

# Chair Yoga

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



## SELECT WEDNESDAYS

at the Office for the Aging's new location!

**Rockland County Office for the Aging**

50 Sanatorium Rd • Building F  
Pomona, NY 10970

- June 26 • July 17 • August 7
- July 3 • July 24 • August 14
- July 10 • July 31 • August 21

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

**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*