



PRESENTS

A FALL 2024 SERIES

# CHAIR YOGA

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

## SELECT MONDAYS

- Oct 28
- Nov 4
- Nov 18
- Nov 25
- Dec 2
- Dec 9
- Dec 16
- Jan 6
- Jan 13
- Jan 20
- Jan 27
- Feb 3

**2:30 to 3:30 p.m.**

**Palisades Center**  
4th FL - Joe & Cay Raso Room  
1000 Palisades Center Dr.  
West Nyack, NY 10994



*Reservation required. Space is limited.*

Call **845-364-2100** to reserve your spot!

*Please come prepared:*

- Comfortable attire
- Appropriate footwear
- Water for hydration

*Rockland County residents,  
60 years and over*