



FITNESS FLAIR IN THE CHAIR

THURSDAYS | 2:30 PM
NOV. 17, DEC. 15, JAN. 19

GPL Multipurpose Room

Improve strength, stamina and flexibility in Ellen Cohen's chair yoga class set to fun music! Chair yoga improves balance and body awareness, important for fall prevention.

All levels welcome! Registration required.



**Scan code,
visit greenburghlibrary.org or speak
to a staff member to register for
each session.**



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