



CHAIR YOGA FOR VETERANS & FAMILY

The **Staten Island Foundation** has allocated funding to Staten Island PPS to support **free** weekly Chair Yoga classes to Veterans and family members.

The **Cespino Russo American Legion Post** will be open to weekly veterans' yoga classes beginning **Saturday, September 13th, 2025!** Classes will be taught by Clarissa Alliano of the Veterans Yoga Project.

Lunch will be provided by Epicured.

Class Schedule:

EVERY SATURDAY 11:30 AM - 12:30PM

Cespino Russo American Legion Post | 200 McClean Avenue, Staten Island, NY 10305

Chair Yoga, Breathwork & Guided Relaxation

All Veterans & Military Families Welcome

For more information on how to get started, email Mike Matthews at mmatthews@statenislandpps.org

