



# VETERANS YOGA PROJECT

The NYC Department of Veteran Services has allocated Joseph P. Dwyer funding to the Staten Island PPS to support free weekly Chair Yoga classes to Veterans. The classes are provided by Clarissa Alliano of the Veterans Yoga Project and are held at the Gold Star American Legion Post. An average of 10 Veterans attend each class and report a 54% reduction in pain and an 81% reduction in distress.

## Class Schedule:

EVERY WEDNESDAY 12:00 PM - 1:00PM

American Legion Gold Star Post #1365

17 Cannon Avenue, Staten Island, NY 10314 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](mailto:mmatthews@statenislandpps.org)

