



11:00 am, 1st & 3rd Fridays

Free Chair Yoga with David

**IMPROVE STRENGTH, FLEXIBILITY, & MENTAL CLARITY.
REDUCE STRESS.
MEET PEOPLE. SOCIALIZE.
MANAGE PAIN**



11:00 am, 2nd & 4th Fridays

Dance with Kyra

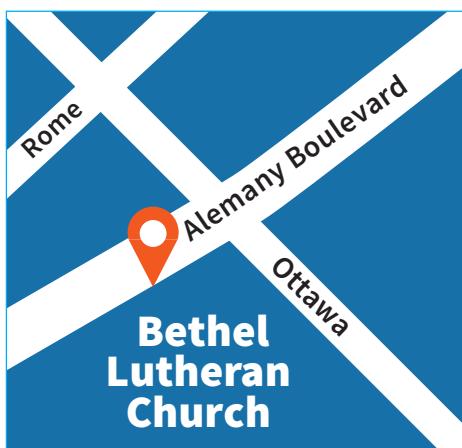


**Beginner friendly.
No experience necessary.**

Low-impact exercises to increase muscle strength and range of motion done to motivating music.

Seated stretches and chair support for standing movements.

Dance combinations infused by Jitterbug, Swing, Line-dance, Jazz & Modern Dance.



MEET AT BETHEL CHURCH
2525 Alemany
at Ottawa,
SF 94112

Light refreshments provided



Cultivating connections to help seniors and people with disabilities age and thrive at home

www.SFcommunityliving.org



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