



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

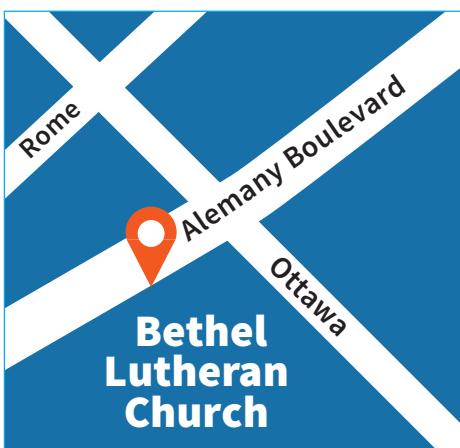


**Beginner friendly.
No experience necessary.**

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



Follow Community Living Campaign on Facebook:

www.facebook.com/CommunityLivingCampaign/

Contact: Patti Spaniak at 415-821-1003, ext. 106
Email: patti@sfcommunityliving.org