



11:00 am, 1st & 3rd Fridays

Free Chair Yoga with Kyra

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



11:00 am, 2nd & 4th Fridays

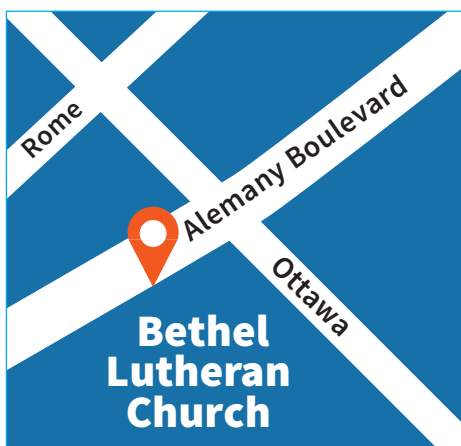
Dance with Kyra



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*

Contact: Patti Spaniak at 415-821-1003, ext. 106
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*Cultivating connections to help seniors and
people with disabilities age and thrive at home*

www.SFcommunityliving.org



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