



**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**

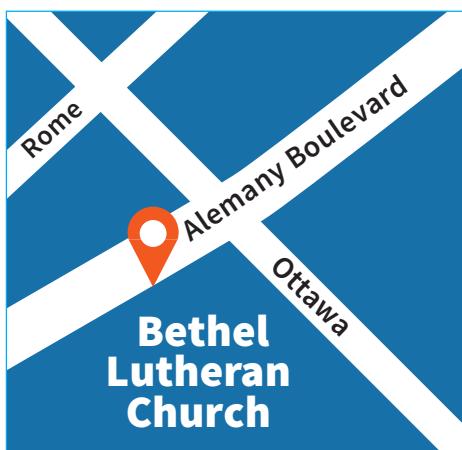


**Beginner friendly.  
No experience necessary.**

**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](http://www.SFcommunityliving.org)



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