



Yoga for Seniors

1st & 3rd Wednesdays and 4th Friday

11:00 am - 12:00 pm

FREE for Seniors of ALL fitness levels.

Our experienced instructor can help you to safely modify positions for your ability.

Benefits of yoga include:

*reduced stress

*increased strength and flexibility

*improved balance, circulation, digestion, sleep

*Conditions improved include heart disease, osteoporosis, depression, chronic pain, high blood pressure ...and **MANY MORE!**

**Delaware Township Building
116 Wilson Hill Road, Dingmans Ferry, PA**

Instructor: Meredith Hutter Chamorro, RYT, 845-459-2569

For more information:

Call Lana Romeo, Activities & Program Coordinator, Pike Co. Area
Agency on Aging, 570-775-5550.