

# Gently Improve Your Health Thru Chair Yoga

## Call to Action

Join us for American Legion Post 580 sponsored Chair Yoga

Chair yoga can:

- Improve your flexibility and stability
- Increase your balance and stability
- Help with weight management and sense of well being
- Improve your moods and sense of well being
- Improve your sleep and stress and anxiety
- Help with managing your stress and anxiety
- Help improve your cardiovascular health

## **Specifics:**

- FEE: Absolutely **free!**
- Offered as a way to support our community.
- The chair yoga sessions are designed to provide you with the benefits of yoga in a relaxed non-stressful environment.
- Our sessions will be taught by Tiffany Frazier, a fully certified fitness trainer through the American Council of Exercise with over twenty years teaching and training in the fitness field.

## **Date, Time, Location**

Our first session will be held in the lower level of the American Legion Post 580 building **every Monday at 1:00 PM** and every **Wednesday at 1:00 PM**.

You DO NOT need to bring any mats or blocks. Simply dress in **comfortable clothing**.