

And

Westchester County Department of Senior Programs and Services *Presents*

Chair Yoga (Fall Prevention)

Benefits include improving flexibility and balance, builds strength, and increases muscle tone.

14 Wednesdays, September 2 – December 16, 2026

(No class Wednesday 9/9 & 11/11)

10:00 am – 11:00 am

Joseph G. Caputo Senior Center



Course Instructor: Ellen Cohen

To sign up, see Debbie Klein