

Chair Yoga with Noi Moore

**Wednesday evenings
5:30 - 6:30 PM**

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair Yoga improves strength, flexibility, proprioception, and mental clarity, and reduces stress and helps with pain management.

Yoga classes are also a great opportunity to meet and socialize with people! All ages, drop in, donations welcome.

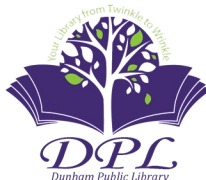
For more information,
contact Noi Moore at
(850)736-6558 or
bluecookie372@gmail.com.

Please consult with your
doctor before starting an
exercise program.



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