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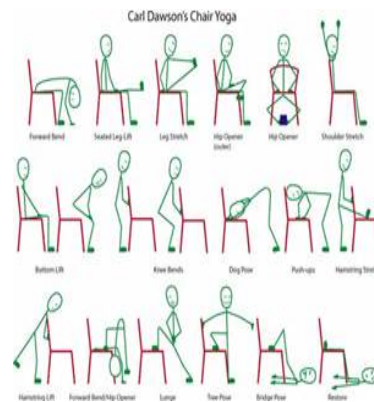
Westchester County Department of Senior Programs and Services Presents Chair Yoga

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

**14 Tuesdays, September 11 – December 18, 2018 (no class
Nov. 6)**

9:30 - 10:30 am

Dobbs Ferry Library



Course Instructor: Patricia Schneider

To sign up, see Abby Connett at the Dobbs Ferry Senior Center



Robert P. Astorino, Westchester County Executive
Department of Senior Programs and Services
Mae Carpenter, Commissioner



Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with Federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further, subcontractors of the WCDSPS shall be required to meet the above stated standards