

CHAIR YOGA

Stretch. Strengthen. Breathe.

Gentle Yoga for Every Body



IMPROVE
FLEXIBILITY



BUILD
STRENGTH



REDUCE
STRESS



ENHANCE
WELL-BEING



Thursday, Oct. 15
10-11:30 a.m.
Support Site Fitness Forum

EFMP Exceptional
Family Member
Program



For more information, call Support Site Fitness Center at 081-811-6604/DSN 629-6604.

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