

YOGA at Chevy Chase! **Starting January 2019**

Yoga is used to maintain or gain muscle tone, balance, strength and an improved frame of mind. Yoga also benefits posture, decreases pain, and increases range of motion and flexibility.

Instructor: Robin Glantz, CYT

Classes will be held for 5 weeks:
Monday evenings 1/28, 2/4, 2/11, 2/18 and 2/25

ARTHRITIS AND REHABILITATION THERAPY SERVICES

5454 Wisconsin Avenue
Suite 600
Chevy Chase, MD
5:30 p.m.

ADVANCED Registration is required.
Sign up at the PT department to reserve your spot or Call (240) 482-3680

COST: \$105 for series of 5 classes.
***to be paid in advance, non-refundable**

Visit the Wellness Program at www.washingtonarthritis.com