

## **YOGA at Chevy Chase!**

### **Returning September 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 4 weeks:**  
**Monday evenings 9/30,10/7, 10/14, 10/21**

#### **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: \$84 for series of 4 classes.**

**\*to be paid in advance, non-refundable**

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)