

YOGA

Chevy Chase

Starting September 2022

Yoga can be used to maintain or gain muscle tone, balance, and strength, improve posture, and increase range of motion and flexibility. Yoga can also help to decrease pain, promote relaxation, and improve frame of mind.

Instructor: Robin Glantz, CYT

Classes will be held for 4 weeks:

Tuesday evenings

5:30 p.m.

September 13th, 20th, 27th, and October 11th

ARTHRITIS AND REHABILITATION THERAPY SERVICES

5454 Wisconsin Avenue

Suite 600

Chevy Chase, MD 20815

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. COVID-19 Vaccination is required to attend.

Masks will be worn at all times.

Visit the Wellness Program at www.washingtonarthritis.com