

YOGA

Chevy Chase
Starting May 2023

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.
May 30th, June 6th, 13th, and 20th

ARTHRITIS AND REHABILITATION THERAPY SERVICES

5454 Wisconsin Avenue
Suite 620
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.

Masks are recommended.

Visit the Wellness Program at www.washingtonarthritis.com