

## YOGA

Chevy Chase

Starting November 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 5 weeks:

Tuesday evenings

5:30 p.m.

November 21<sup>st</sup>, 28<sup>th</sup> and December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>

### 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: \$105 for series of 5 classes**

**\*to be paid in advance, non-refundable. COVID-19 Vaccination is required to attend**

**Masks will be optional**

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