

## YOGA

### Chevy Chase

### Starting July 2024

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.

July 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<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: \$84 for series of 4 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)