Chair Yoga
By Annie Fally, LMT, RYI

RELAX, RENEW AND RESTORE THE
BODY, MIND AND SPIRIT WITH YOGA

Come join us!
Build strength, increase flexibility and balance,
reduce stress

This class is for people of all ages and physical abilities.

Classes are held once a week on Thursdays for one hour.
Winthrop Wellness Pavilion
1300 Franklin Avenue, Garden City
Suite ML 5

Time: 12:30-1:30pm

This class is open to breast patients and survivors
The class is free but space is limited, registration is required.
For more information and to register please contact
Annie Falley
516-384-5276 | anniefalley@gmail.com

Perlmutter Cancer Center
An NCI-designated Comprehensive Cancer Center

NYU Langone Health