



Chair Yoga

Chair yoga will help improve strength, flexibility, posture, reduce stress and improve mental clarity

- 10:30 - 11:15 a.m.
- Mount Sinai
Rehabilitation Hospital
Auditorium
- Wednesdays -
Starting November 1
- \$40.00

**For more information,
or to register, call 860-714-3069**



Trinity Health
Of New England

**Mount Sinai
Rehabilitation Hospital**



490 Blue Hills Avenue
Hartford, CT 06112