



# 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

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**Mount Sinai  
Rehabilitation Hospital**



490 Blue Hills Avenue  
Hartford, CT 06112