

Chair Yoga

**Tuesday, December 5th
at 11am**

Join Tatyana Kochergina, Yoga Educator, Health and Balance Coach, as she guides you through simple, relaxing stretches that help strengthen your core, alleviate stress, and enhance your mobility.

Your body will thank you.

Register to attend by calling
(845) 351-2207
or by visiting

tuxedoparklibrary.org/calendar

