

YOGA FOR PARKINSON'S

2 ONGOING TUESDAY CLASSES
CHARGE IS \$6 PER CLASS, PAID BY THE SESSION



**10-11 AM- INCLUDES BOTH FLOOR AND STANDING POSES-
WELLNESS BUILDING- GAME ROOM**

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**11-12 AM- CHAIR ONLY (WHEELCHAIRS ARE WELCOME)-
SENIOR CENTER BUILDING- GOLDSTAR ROOM**

1455 MADISON AVENUE, REDWOOD CITY,
VETERANS MEMORIAL SENIOR CENTER-
PLEASE CALL 650-368-7732 FOR INFORMATION
WWW.ADAPTIVEPEVMSC.ORG