



Yoga & Mindfulness

Join Beth Parry for two Friday morning classes that bring you stress-reduction techniques to relax the body and mind. These classes are perfect for those wanting skills to combat stress & create a positive outlook on life.

Chair Yoga: Safe for all levels of fitness

Fridays at 10:45 am

Senior Mindfulness: Stress reduction techniques

4 pack sessions on Fridays at 10 am

Webster Rec Center (1350 Chiyoda Dr, Webster)

Register by calling (585) 872 - 7103



Wellness



Phone: 585-259-0782 ▶ Fax: 585-512-8372

www.wellness360fitness.com