

YOGA CLASS

for Osteoporosis



Saturdays, 10:00am - 11:00am
Starts on September 24th 2016

September 24th thru October 29th

- Improve bone health
- Increase strength
- Improve flexibility

\$90 for the 6 week program Preregistration required

CLASS INSTRUCTOR: EMRYS TETU

Emrys has been a highly regarded yoga instructor in the shoreline community for many years. She has helped many people achieve a healthier lifestyle through yoga, nutrition and coaching. Attention to safety, proper alignment and posture are major features of Emrys' yoga class.



REHAB CONCEPTS
physical therapy

LOCATION:
75 Main Street, Suite 1
Old Saybrook, CT

TO REGISTER, CALL:
860-388-6268



RehabConceptsPT.com