



Chair Yoga — Mindfulness & Mobility

In this class, you'll learn gentle chair yoga poses that can benefit your mobility and reduce stress, improving overall health.

Chair Yoga
Monday, October 25
12 p.m. - 1 p.m.

Register Now

Space is limited.

Please talk to your doctor before beginning an exercise program.



Earn \$250 or more with NJWELL!
Call a Horizon Health Guide
at 1-800-414-SHBP to get started.

