



Senior Yoga

Introduction to Senior Yoga offered in conjunction with Healthy Aging Month.

Friday 9/18 at 2pm

The hour long practice will be led by Wendy Bovey, a Master Trainer and certified yoga instructor skilled at customizing her workouts based on client needs and abilities.

Benefits of yoga for seniors:

- Reduced anxiety and stress
- Enhanced balance, flexibility, mobility and strength

Participants should have available:

- Yoga mat
- Blanket
- Yoga block
- Yoga strap or towel
- A sturdy, straight back chair without wheels can be used to support balance if needed.

This a Zoom event. You can participate from the comfort and safety of your own home.

The Zoom link to join the class is available on CVMG's website at cvmgdocs.com/blog/.



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