

WHEATON LOCATION

YOGA

John Acton, RN, Certified Yoga Instructor

Yoga is used to maintain or gain muscle tone, balance, strength and improved frame of mind. Yoga also benefits posture, decreases pain, and increases strength, range of motion and flexibility.

Mondays: February 13, 20, 27 and March 5, and 12

**5-part series
1 hour class**

ARTHRITIS AND REHABILITATION THERAPY SERVICES

2730 University Boulevard West

Suite 714

Wheaton, MD 20902

6:00 p.m.

Registration is required. Call (301) 942-2520 to reserve your spot.

COST: \$85 for series of 5 classes.

Visit the Wellness Program at www.washingtonarthritis.com