DREXEL UNIVERSITY
Dornsife Center
for Neighborhood Partnerships

WELLNESS CLASSES FOR SENIORS

PRESENTED BY:

RALSTON CENTER
Quality of Life in Aging

ABOUT

Looking for a new way to exercise now that it's getting colder outside? Then check out these two new indoor wellness classes:

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. We use a series of postures and breathing exercises to achieve control and integration of body, mind and spirit.

Tai Chi is a graceful martial art of flowing movement to improve leg strength, reduce the risk of falls, raise energy levels, and increase concentration and balance.

Questions? Call us (215) 571-4013 or email dornsife@drexel.edu

DATE & TIME

CHAIR YOGA

- **SEPT 23 – 11AM to 12PM**

TAI CHI

- **SEPT 30 – 1PM to 2PM**

LOCATION

DORNSIFE CENTER
3509 Spring Garden Street
Philadelphia, PA 19104
(215) 571-4013

HEALTH AND WELLNESS