YOGA, STRETCH & STAY FIT LIVE



Take time for yourself with a gentle yoga and stretching session designed to help you move, stretch, strengthen, and feel your best. This class is a great way to improve flexibility, balance, and mobility while reducing everyday tension.

WEDNESDAY

DEC. 16

1 p.m. *Please arrive by 12:45 p.m.*

NO COST TO ATTEND

BALANCE ARTS CENTER
151 W. 30th St., 3rd Floor
New York, NY 10001

STRONGER TOGETHER
CWA 1180
EST. 1965

Call the Retiree Division to register:
212.226.5800