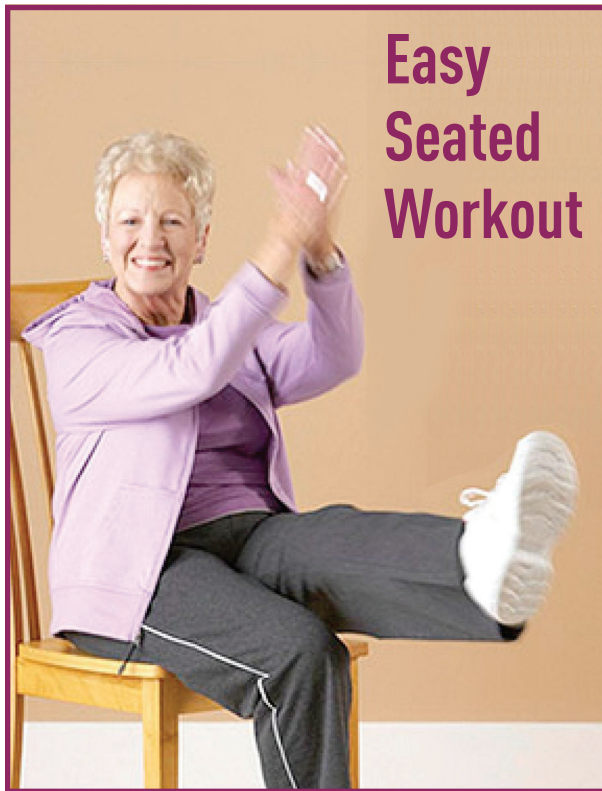


CHAIR PILATES



JASA at the HES is pleased to announce “Chair Pilates” program that will provide a series of stretching and therapy workshops specifically designed for people over the age of 60 and/or individuals with limited mobility.

The program will help seniors connect better to the community, as well as improve their overall health and maintain a positive attitude towards life. The workshops will take place on Tuesdays from 10:30am - 12pm.

In addition all the seniors who register for the program will be given complimentary tickets to attend Brighton Ballet Theater's events.

BBT’s “Chair Pilates” program is an excellent opportunity for seniors to socialize, to feel young and energetic and improve their overall health while expressing themselves creatively throughout the program.

To enroll, please contact the Center Director,
Sue Ann Partnow in person or at **(718) 251-3700**



THIS PROGRAM IS SUPPORTED BY PUBLIC FUNDS FROM THE NEW YORK CITY COUNCIL, IN PARTNERSHIP WITH THE NEW YORK CITY DEPARTMENT OF CULTURAL AFFAIRS AND DEPARTMENT FOR THE AGING.



jasa.org

Founded in 1968, JASA's mission is to sustain and enrich the lives of the aging in the New York metropolitan area so that they can remain in the community with dignity and autonomy.