

# Healing Here at Home

## Senior Wellness Monthly Classes

### Gentle Yoga

Gentle, restorative yoga techniques for increased flexibility, resulting in better ease of movement and less pain.

With Steven Lewis, Wellness Coordinator and Yoga Instructor

1<sup>st</sup> and 3<sup>rd</sup> Fridays, 3-4pm

### Better Balance

Prevent a fall! A balance training class

With Linda Ingles, PTA

1st Tuesday of the month, 3-4 pm

### Core Strengthening

Functional exercises that will strengthen the core and improve performance in activities of daily living

With Marek Grzybowski, Physical Therapist

2<sup>nd</sup> Tuesday, 3-4 pm

### Strengthening with Theraband

Gentle resistance to strengthen muscles

With Linda Ingles, PTA

3<sup>rd</sup> Tuesday, 3-4 pm

For more information, call Linda Ingles PTA at

**707-935-5043**

Classes held in the Basement Conference Room  
Sonoma Valley Hospital. Free to Senior Wellness Members  
Guests welcome to attend for \$5.00 fee

**\*\*Classes are starting in May**

