



Reeve-RxRelax Adaptive Yoga Class

Yoga and mindfulness can be helpful for over 100 physical and mental health conditions.

This **FREE** seated yoga class is designed for people with mobility concerns, people with multiple health conditions and their caregivers.

Classes are aimed at maintaining independence, rejuvenating health, developing a more robust brain and resilient outlook on life.

No prior experience, special clothing or equipment is required.
It's easy-to-do, effective, and a lot of fun!

This experience is brought to Fairfax County Neighborhood and Community Services through a special partnership with **The Christopher & Dana Reeve Foundation** and **RxRelax**.

WHEN: Winter Session: Thursdays starting January 7 to February 25, 2021

TIME: 1:15pm to 2:15pm

LOCATION: Virtual Center for Active Adults -
Fit & FAB (Flexible, Active, Balanced) ZOOM platform
REGISTRATION REQUIRED.

Questions?-Email: VAseniorservices@servicesource.org

Must sign up by registering at:

<http://bit.ly/RXyogaWINTER21>



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY