



Yoga for Bone Strength

Improve bone density, balance, strength, range of motion, coordination and posture.

Instructor: **Barbara Wood,**
Certified Yoga for Osteoporosis Therapist

This class is for anyone who wants to keep their bones strong and is especially recommended for people with osteopenia or osteoporosis — it will improve your bone density.

Classes are complimentary for Live Well Senior Program members.

Parking is available around the hospital, on the street or in the East Tower parking structure. Parking validation is available. Please note: The parking spaces in front of the Community Services Center are reserved for rehab parking ONLY.

For more information, call **818-409-8354**.

Every Wednesday
2:30 p.m. – 3:30 p.m.

Community Services Center
311A Vallejo Drive
Glendale, CA 91206