

# Preventative Health Starts Here!

*Join us for a new class series focused on building mobility, balance, & confidence*



## Bridge to Yoga: Chair Yoga

***A 6-week class designed to bridge the gap in knowledge, motivation, and confidence for older adults looking to increase mobility***

### **Created for:**

- Those that have completed or are nearing the end of physical therapy but aren't ready to transition to a gym or traditional exercise class
- Those that are looking for expert guidance in building mobility and balance in a supportive setting

**Mondays, April 21 – May 26 | 4:30pm-5:15pm**

### **Taught by:**

Kaycee Palumbo & Carol Schafer

**Location:** Sedona Physical Therapy  
55 Southwest Drive, Sedona, AZ

**Cost:** \$120 for the full session  
Limited to 10 participants

**Secure Your Spot Today!**

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PHYSICAL  
THERAPY**