

Say  
**YES**  
to  
**Yoga!**



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# Yoga Empowering Seniors

Increase your **strength, flexibility, and balance** with this **1 hour seated yoga** class, taught by certified Sivananda yoga teacher Judy Statsinger.

Judy is a certified Y.E.S. yoga instructor, and holds a Masters in Public Health from the University of Illinois Chicago.

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Mondays at 11 AM  
Dormont Public Library, 2950 W Liberty Ave.  
Call 412-531-8754 to register, or visit [dormontlibrary.org/events](http://dormontlibrary.org/events).  
\$5 suggested donation

(Donations payable to instructor and do not directly benefit the library.)  
(This class was previously scheduled for 10 AM but has changed.)