



Wellness Class

Gentle Movement for Relaxation and Health

2nd and 4th Thursdays from 11am-Noon

- ◆ Relax your mind and body
- ◆ Improve your flexibility
- ◆ Increase your strength

All levels of fitness welcome
Instruction in English and Spanish



Healthy Body
Healthy Mind



Jan 12, 26, Feb 9, 23, Mar 9, 23, Apr 13, 27...

Cost: Same as what you usually pay for an office visit
Please wear comfortable clothes and bring a water bottle
Adult patients only please.

**Call (707) 433-5494 or go to the front desk
to sign up for the class**