



Join us for Chair Yoga

**In-Person classes every Monday and Thursday
10am-11am**

**Steeplechase Cancer Center
30 Rehill Ave. Somerville, NJ**

Join us for Chair Yoga to promote relaxation, reduce stress and improve mental clarity as well as tone your muscles!

Open to Steeplechase Cancer Center Patients and Caregivers.

E-mail any questions to Patricia.Halicki@RWJBH.org

Classes presented by Honor Yoga of Hillsborough.