

**Twin Bridges**  
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel  
infirmier praticien **TWIN BRIDGES**

## ***Chair Yoga***

***April 7 - 28, 2025***

***(3 classes)***

***Mondays, 11:30am – 12:15pm***

***\*No Classes Easter Monday – April 21\****

***Twin Bridges NP-Led Clinic  
(Program Room - Front Street Entrance)***

*This is a **beginner-level** yoga program. Classes will begin with a short (optional) standing portion and then all remaining exercises will be performed seated in a chair. Each session will include a combination of exercises to improve circulation, balance, joint mobility and strength.*

***Please bring non-slip indoor shoes  
and water.***

***Register at [www.twinbridgesnplc.com](http://www.twinbridgesnplc.com)***