

# EXERCISE AND AGING

Tuesday, March 11<sup>th</sup>  
12:30 - 2:00 p.m.

with

**Dr. Susan Pataky**  
Certified Yoga Therapist

**Re-claim health & vitality!**

**Saint Michael and All Angels Episcopal Church  
Parish Hall**

Join us for an experiential discussion on --

- the importance of maintaining flexibility
- how to improve balance and muscle strength at any age
- the importance of good posture
- maintaining/improving bone and joint health
- how effective breathing can improve quality of life

We will learn specific gentle movements anyone can do sitting in chairs. Wear loose fitting clothing.

*Dr. Pataky has requested that we "lunch" after we "learn"*

**RSVP:** Susan Gonzalez, Parish Secretary or  
Roberta Heller, Parish Nurse  
at 472-2173

**Looking forward to seeing you there!**