



JOIN HOLISTICARE HOSPICE FOR

GENTLE CHAIR YOGA

Led by Community Liaison, Natalia Thompson (RYT 200)

WHEN

WEDNESDAY,
MARCH 4TH, 2026

WHERE

CHESTNUT RIDGE IN
WALLINGFORD

TIME

2:00 PM

COME STRETCH, BREATHE, AND RESTORE —
ALL FROM THE COMFORT OF YOUR CHAIR!

