



# Reeve-RxRelax Adaptive Yoga Class

Yoga and mindfulness can be helpful for over 100 physical and mental health conditions.

This **FREE** seated yoga class is designed for people with mobility concerns, people with multiple health conditions and their caregivers.

Classes are aimed at maintaining independence, rejuvenating health, developing a more robust brain and resilient outlook on life.

No prior experience, special clothing or equipment is required.  
It's easy-to-do, effective, and a lot of fun!

This experience is brought to Fairfax County Neighborhood and Community Services through a special partnership with **The Christopher & Dana Reeve Foundation** and **RxRelax**.

**WHEN:** Fall Session: Thursdays starting October 8 to December 10

**TIME:** 1:15pm to 2:15pm

**LOCATION:** Virtual Center for Active Adults

**Fit & FAB**  
**Flexible Active Balanced**  
**ZOOM Platform**

**Registration Required save your spot today:**

**<http://bit.ly/RXyogaFALL20>**



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY