

# FEEL HEALTHIER BE STRONGER



## Chair Works

Exercise for the physically challenged, designed for people who would like to exercise from the comforts of a wheelchair or the security of being seated. Relieve Stress, Increase Circulation, Improve Strength and Flexibility.



Mondays/Fridays at 10:15 AM with Jill  
Wednesdays at 10:15 AM with C.J.

Grants Pass Family YMCA 1000 Redwood Avenue  
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