

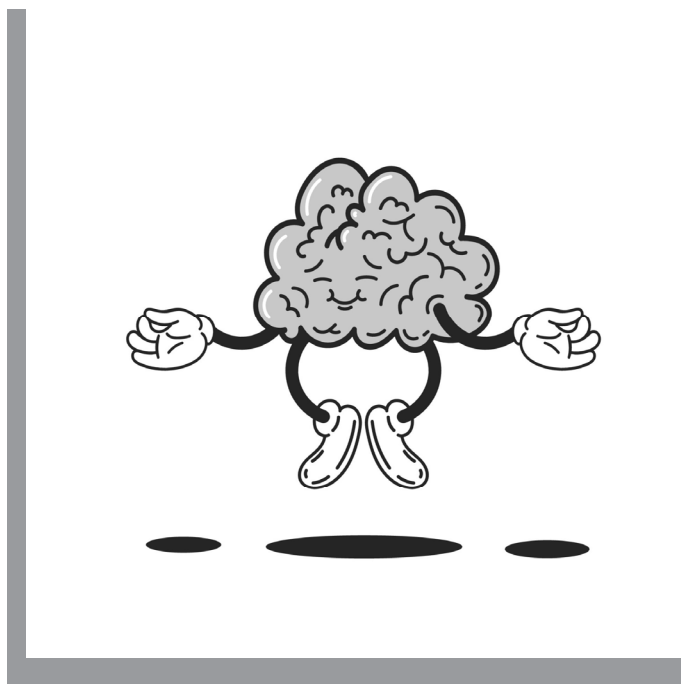
# Parkinson's Program Chair Yoga



Group meets the first four Thursdays of the month from 2pm - 3pm on Zoom.

- The first and third Thursdays are led by Yoga instructor, **Grace Grochowski**.
- The second and fourth Thursdays are led by Yoga instructor, **Eileen Thomas**.

If interested in joining, please contact Rose Brown at 646-704-1792 or at [ega9001@nyp.org](mailto:ega9001@nyp.org)  
Or scan this QR code below:



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