



# SENIOR LAUGHTER YOGA



July 28  
August 4  
September 15 & 29  
October 13 & 27  
December 8 & 15

\*No class in November

*Enjoy a unique exercise routine  
combining unconditional laughter  
with Yogic breathing*

Select Fridays from 12-1pm at the  
Community Center, 10 Senter Street

**RSVP: 914-238-8888**