



The  
**Village of Saltaire**  
is offering  
**OsteYo**



a **gentle yoga class** designed for women and men with osteoarthritis, osteopenia and/or osteoporosis.

**OsteYo** helps  
balance,  
and eases pain –  
experience!



increase flexibility,  
strengthens bones  
an **invaluable**



Offered at the **Saltaire Fire House**  
on **Sunday Mornings from 8 am to 9 am** throughout the summer.

**Cost: \$10.00**

Remember to bring a mat and towel, other props will be provided.

Any questions contact Laura@917-647-3458  
or email: healthywithlaura@gmail.com