



Wellness Class

Gentle Movement for Relaxation and Health

2nd and 4th Thursday of Each month

11am-Noon



- ◆ Relax your mind and body
- ◆ Improve your flexibility
- ◆ Increase your strength

All levels of fitness welcome
Instruction in English and Spanish



Cost: same as what you usually pay for an office visit
Please wear comfortable clothes and bring a water bottle.

Adult patients only please.

Location: Alliance Medical Center, Healdsburg 1381 University Avenue in the Second Floor Conference Room (707)433-5494