YOGA

FEEL BETTER!
STRETCH, STRENGTHEN AND REDUCE STRESS

With Nicki Spatacco, R.Y. T.

Where: Fort. Totten CSU
Fort Totten, Building 413B
Bayside, NY 11359
When: Six Week Course-Tuesdays 5/19-6/23

Two Classes:
5:00-6:15 PM Gentle, good for beginners or limited mobility
6:30-7:45 PM Open Class for all levels of experience

Call Jessica Metz to register: (212) 570 1693 x 380

FIRE DEPARTMENT CITY OF NEW YORK

CSU COUNSELING SERVICE UNIT OF THE FDNY