



Episcopal  
**SENIORLIFE**  
Communities  
Life. Inspired every day.

RIVER EDGE

# NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

## **FREE Member Activities** **January 2019**

*River Edge Manor*  
535 Mount Hope Avenue, Rochester, NY 14620

### **Balance Class: Mondays at 9:45 a.m.**

This exercise class is a low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents.

### **Senior Yoga: Wednesdays at 11:00 a.m.**

This class adapted for any experience level. Yoga mats, blocks and straps provided or bring your own.

### **Exercise Class with Katie: Tuesdays at 12:30 p.m. NO CLASS 1/15**

Enjoy a sampling of three different exercise programs designed to increase overall health and wellness.

### **ESLC Transportation Service Available!**

ESLC Transportation Service available to and from all programs, as well as to medical appointments, the grocery store, errands, etc.

To request a ride, or if you have any questions or wish to become a member,  
call 585.546.8439 x3718