



City of Los Angeles Department of Recreation and Parks  
WESTCHESTER SENIOR CITIZEN CENTER  
8740 Lincoln Blvd. Los Angeles California 90045  
Tel: (310) 649-3319



# Chair Yoga



*With Caroline*

## Westchester Senior Center

Fridays 10:30AM – 11:30AM

Everyone welcome!

FREE!

**Westchester Senior Center**

8740 Lincoln Blvd. Los Angeles, CA 90045

(near the corner of Lincoln and Manchester

and the Westchester Public Library)

**CALL FOR INFORMATION & SIGN UPS 310-649-3319**



Achieving gender equity through a continuous commitment to girls and women in sports. Activities and programs may be subject to cancellation. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.