

Tyringham Council on Aging (COA) presents

Osteoporosis Prevention Group Exercise Classes

**9:00–10:00 a.m. Wednesdays, September through May at
Town Hall, 116 Main Road, Tyringham MA 10264**

Free of charge to participants through Tyringham COA
www.tyringham-ma.gov/council-aging

I like to say, "It's good have a body."

But what about pain?

Learn how to exercise and move pain-free!

The body is an amazing vehicle, but like so many things—use it or lose it.

This group exercise program is for those interested in moving toward pain-free living and prevention of conditions associated with loss of bone mass, strength, flexibility, balance, or range of motion. Whether you are dealing with osteoporosis, joint pain, fibromyalgia, arthritis, or inflammation—this program is for you!

Here you will learn to safely practice a variety of chair exercises, including yoga, free-weight lifting, stretching, and breathing techniques that all build general health. Participants report increased strength and better posture, range of motion, and balance.

Consult your primary care physician before starting any exercise program.

Patricia "Niti" S. Martin, B.A. ERYT-500 is a stress management and life enhancement specialist with decades of experience. Through her self-owned business Doing Well: Yoga and Wellness, she offers a variety of programs, including Tyringham COA's Osteoporosis Prevention Exercise Class since 2013. Niti earned a bachelor of arts degree with a concentration in health psychology from University of Massachusetts, and certification as Kripalu Yoga teacher, Let Your Yoga Dance teacher, and Integrative Yoga Therapy yoga therapist.

For information call 413-204-1179.

www.doingwell.com