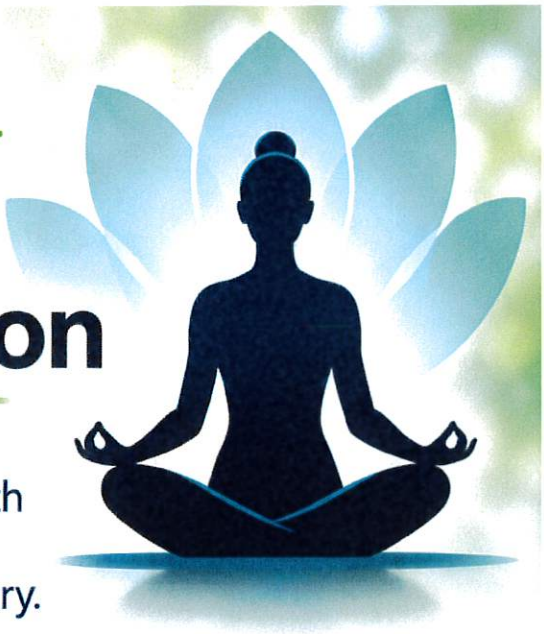
Ypsilanti Senior Center

Yoga and Injury Prevention



Join us for a guided tour through a series of gentle yoga poses, along with discussion on common vulnerabilities and strategies to reduce the risk of injury.

Tuesday, November 17th
10:00 a.m. – 10:45 a.m.
Ypsilanti Senior Center

- Learn gentle yoga poses to support mobility and prevent injury
- Discover common vulnerabilities as we age
- Get practical strategies to stay active and safe



Taught by Eli Ochshorn PT, PhD

Eli is a licensed physical therapist and certified yoga instructor. He recently opened an independent physical therapy clinic nearby in Ypsi called Flex PT.

FLEX PT
PHYSICAL THERAPY

All are welcome — no prior yoga experience needed!