

CHAIR YOGA

At
Harbor Physical Therapy
575 South Charles Street, Suite 201

Gentle, Easy, and Safe Exercise



Join us at HPT
Every Friday at 1:30 PM
\$15 a class
Call 443-524-0442 to Register

Harbor Physical Therapy. 575 South Charles Street, Suite 201. Baltimore, Maryland 21201
www.hpt.machtmedicalgroup.com

Discounted parking for \$3 offered at the Harbor Court Garage 10 E Lee Street