

It's All About Movement



Feldenkrais Floor Lessons

Ongoing Wednesdays 2:45 - 3:45 pm

New and continuing students

Mats provided

LSVT BIG

A program for Parkinson's Disease

Private sessions. Contact Julie Smith, PT.



Classes at
The
Sebastopol Senior
Center

Taught by

Julie Smith, PT
(707) 829-1250

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