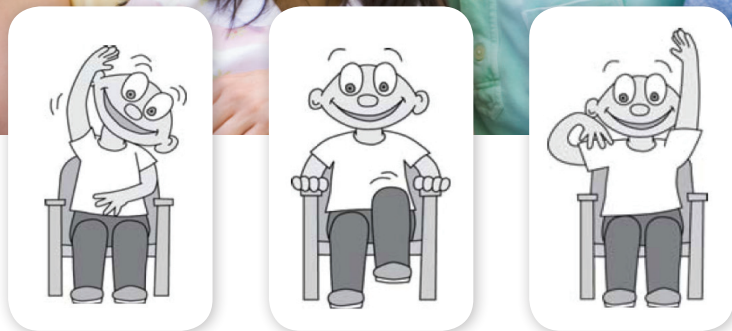




Seat Exercises

座位運動



Seat exercise is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability, and fitness levels. Classes don't require deep bending or squatting, and may be done seated. This exercise class is one-hour per session, once a week. Join our exercise class and start your active life today!

座位運動是一個低強度的運動，所包含的溫和動作適合各年齡，各程度活動能力，和不同健康水平的人士。課程不需要彎腰或蹲下，並且可以坐著做。這個運動每節1小時，每週一次。今天參加我們的運動班，開始您積極的生活！

Benefits 益處：

- **Increase range-of-motion, strength & flexibility**
增加活動範圍、強度、和關節靈活性
- **Relieve stress and anxiety**
緩解壓力和焦慮
- **Improve sense of well being**
提升舒適愉快感
- **Increase feeling of connection, less isolation**
提高人與人之間的聯繫，減少隔離
- **More energy**
更有活力

詳細資料	CCSF Chinatown Center 三藩市華埠市立大學
Date 日期	Every Tuesday 逢星期二
Time 時間	9:30am – 10:30am 上午9時半至10時半
Location 地點	Room A404, 628 Washington St, San Francisco, CA 94108
Language 語言	English, Cantonese, Mandarin 英、粵及國語
Fee 費用	Free 免費

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).