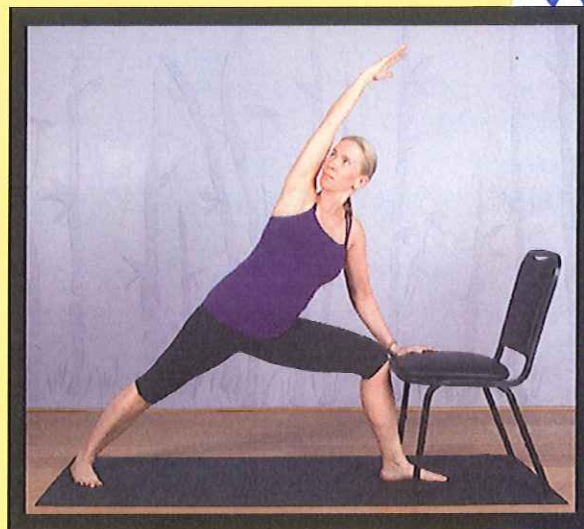


Chair Yoga Classes

Tentative dates:
Nov. 6-Dec 18th
Thursdays 11am-12pm
Instructor: Kathie Scanlon



- Gentle stretching while seated or standing using a chair for support and balance.
- For seniors with decreased mobility, joint stiffness, reduced muscle strength, and balance proficiency.
- No additional equipment needed

Register with Karen

15 T.O.C Seniors must sign up for class to run