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*Presents...*

**Healthy Aging!**

# Chair Yoga

**Sit to be Fit!**

*Instructor: Yoga-45 Instructors*

**8-Week Sessions**

October 2 ~ November 20, 2019 • April 1 ~ May 20, 2020 • July 15 ~ September 2, 2020

**Wednesdays | 1:30 to 2:30pm | \$3 Per Class**

**Yoga-45 Studio | 148 W. Main Street | Gaylord**

**The body** benefits from Chair Yoga through increased strength, flexibility and stamina. **The mind** benefits as yoga helps to improve concentration, calms the emotions and clears mental chatter. **The spirit** benefits by experiencing expanded awareness and an encouragement toward peace, love and compassion for others.

**Sign Up! Limited Space!**

Call Amanda, OCCOA Healthy Aging Program Coordinator, at

**989.748.4068**

*in partnership with Yoga-45 Studio*

