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*Presents...*

# Healthy Aging!

# *Gentle Yoga*

## Chair Yoga

Thursdays | 1:00 to 2:00pm | \$3 Per Class

OCCOA Center | Lower Level Activity Room

Yoga-45 Instructors

**Recharge and focus on the basics of yoga.**

Students will blend mind, body, and breath together in slow movement. This class is the next step up after Chair Yoga if you would like to explore postures more fully. This class will focus on increasing strength, flexibility, and balance.

**Sign Up! Limited Space!**

Call Charlie, OCCOA Healthy Aging Program Interim Coordinator

**989.732.1122**

*in partnership with Yoga-45 Studio*

