



1165 Elkview Ave. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739
989.732.1122 ✧ www.OtsegoCountyCOA.org

Presents...

Healthy Aging!

Gentle Yoga

Chair Yoga

**New Day!
New Time!**

Wednesday | 10:45 to 11:45pm | \$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.

Limited Space!

Call Charlie, OCCOA Healthy Aging Program Coordinator

989.732.1122

in partnership with Yoga-45 Studio

