Bay County Division on Aging

in cooperation with

Bay County Recreation

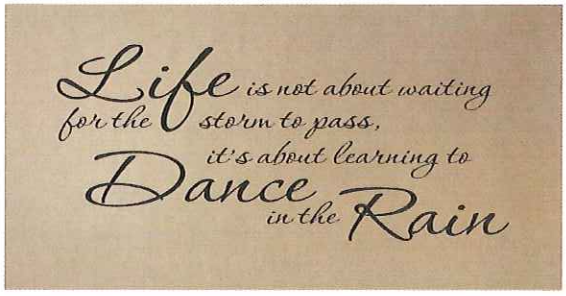
Aging Well Chair Yoga Session

Aging Well Chair Yoga Session with Beth Trahan, ~ especially geared to the 60 plus age group. This Yoga Class is designed to relax, restore, and renew, body, mind and spirit. Class emphasis includes proper breathing techniques, stretching, relaxation and visualization components. This opportunity should go hand and hand with any other exercise class you might attend. Order a meal and enjoy the whole experience. Experience Level 1 or 2

Location: Community Center, 800 J. F. Kennedy Drive, Bay City, 48706

Tuesday/Thursday's

January 5, 7, 12, 14, 19, 21, 26, 28, 2016



Class Fee:

$ 8.00 per one day per week 4 week session

$16.00 two day per week 4 week session

$3.00 Drop in Basis

Tuesday and/or Thursday

11:00 ~ 11:45 a.m. class

12:00 noon lunch

Please try to register prior to first day of class

Choice of entrée, salad or sandwich available

For more information call Debbie at 895-4100 to register or choice of meal option.

Registration form can be mailed or dropped off to the Bay County Division on Aging, 515 Center Ave. Suite 202, Bay City, 48708. Checks can be made payable to: Bay County Division on Aging

Name: _____ Phone #: _____

Address or email: _____ Amount Paid: _____

Indicate class option: **Tuesday's only** _____ **Thursday's only** _____ **Both days** _____

Indicate if Release and Waiver of Liability is on file: Yes: _____ No need to sign: _____

Indicate: **meal choice:** **entrée** _____ **salad** _____ **sandwich** _____

*Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Requests should be directed at (989) 895-4098. Chair Yoga— jan 2016