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. Experience Level 1 or 2

Order a meal and enjoy the whole experience.

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

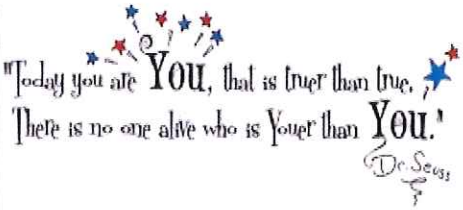
May 5, 12, 19, 26, 2015

4 week class session

Tuesday's

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

12:00 noon lunch



Fee:

$ 8.00 Class Fee

$3.00 Drop in Basis

$2.50 (60 yrs. +) lunch suggested donation

$4.75 (59 & under) lunch fee

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

Visit our web page at www.baycounty-mi.gov/aging/

Name: _____ Phone #: _____

Address or email: _____ Amount Paid: _____

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

Indicate: **class** _____ **drop in** _____ **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 to Tim Quinn at, (989) 895-4098.

Chair Yoga—May 2015