



Bay County Division on Aging  
in cooperation with  
Bay County Recreation  
**Aging Well Chair Yoga Summer Session**

**Aging Well Chair Yoga Summer 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 salad or sandwich meal and enjoy the whole experience.  
Experience Level 1 or 2

**Location: Canteen Senior Activity Center, 800 Livingston, Ave., Bay City, 48708**  
(East Side Bay City, get on Center Avenue (M15) going East, to Livingston turn left, down 0.1 miles, turn right)

**Tuesday's**  
**June 21, 28, August 2, 9, 16, 23, 30, 2016**



**Class Fee:**  
\$10.00 summer session  
\$2.00 Drop in Basis  
\$2.50 (60 yrs. +) lunch suggested donation  
\$4.75 (59 & under) lunch fee

**Tuesday**  
11:00 ~ 11:45 a.m. class  
12:00 noon lunch

**Choice of 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 if Release and Waiver of Liability is on file: Yes: \_\_\_\_\_ No need to sign: \_\_\_\_\_  
 Indicate: meal choice: 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— summer 2016**