



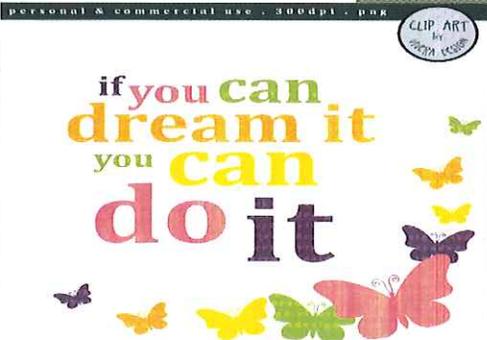
Bay County Division on Aging  
in cooperation with  
Bay County Recreation  
Aging Well Chair Yoga Session

**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**

**June 2, 9, 16, (No class 23), and 30, 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/](http://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—June 2015