

**BAY COUNTY DIVISION ON AGING  
IN COOPERATION WITH  
BAY COUNTY COMMUNITY CENTER  
CHAIR YOGA ~WITH BETH**

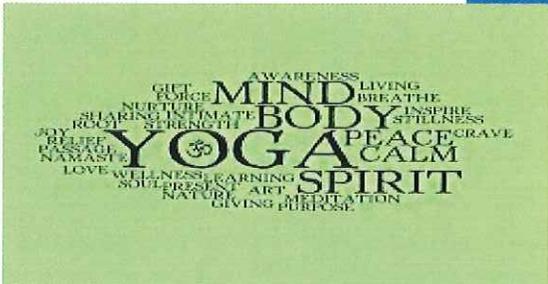
Note: Day Change

A new class opportunity with Beth Trahan, Bay County Recreation Assistant ~ especially geared to the 60 plus age group. This seated Yoga Class is designed to relax, restore, and renew, body, mind and spirit. Chair Yoga is a great introduction to the benefits of Yoga. Class emphasis includes gentle movement and proper breathing techniques. This opportunity should go hand and hand with any other exercise class you might attend.

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

October 7, 14, 21, 28, 2014  
4 week class session—Give it a try

**Tuesday's**  
11:00 ~ 11:30 a.m. class  
12:00 noon lunch



**Fee:**  
\$ 8.00 Class Fee  
\$3.00 Drop in Basis  
\$2.50 (60 yrs. +) lunch suggested donation

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—Oct 2014			