



Williams Senior Dining Center  
presents  
Chair Yoga Class



A new class opportunity with Kim Ayers, from Heart of Michigan, will start a Chair Yoga Class. This class will offer stretching, breathing and relaxation while comfortably sitting in a chair. A great opportunity to control the stress and learn to relax on your own. After class stay and network with your class while enjoying a delicious noon lunch at Williams.

Location: Williams Dining Center, 1080 W. Midland Rd, Auburn, 48611

Class starting Thursday, November 7, 2013  
Every Thursday after

Time: 11:00 a.m.— 11:45 a.m. Class  
12:00 noon—Lunch

Lunch suggested donation:  
\$2.50 (60 years & better)  
Fee: \$4.75 (59 years & under)

Fee for Class: November 7 class free — Classes after that date \$3.00 drop in fee

Menu: Choice of entrée or salad or sandwich of the week  
Contact the Site Manager, for selection choices. Lunch reservations must be made in advance

Call Velda for any transportation requests and reservations at  
662-6521 or main office at 895-4100 or toll free 1-877-229-9960.  
Visit our web page at [www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)

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Name: _____	Phone # _____
Address: _____	Amt. Paid: _____
Indicate menu request:	Entrée: _____ Salad: _____ Sandwich: _____
	Eligible (60 yrs & better) _____ Non Eligible (59 yrs. & under) _____
Indicate if Release and Waiver of Liability is on file:	Yes _____ Need to Sign _____
(only need one release on file)	