Note: Day Change

BAY COUNTY DIVISION ON AGING
IN COOPERATION WITH
BAY COUNTY COMMUNITY CENTER

CHAIR YOGA ~WITH BETH

Laughter Heals
create joy

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

September 9, 16, 23, 30, 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
$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—Sept 2014