

# Chair Yoga

**Open to Seniors 60+ | Asking Donation**



4 Week Chair Yoga Class

Begins Thursday June 1 @ 2:00 pm

**RSVP to Kari Pohar—847-740-6708**



433 E Washington St

Round Lake Park

## Benefits of Chair Yoga

- Balance
- Strength
- Flexibility
- Protection from Injury



Funded by:



Funding does not cover all the costs for this program. Donations are appreciated, however no senior is ever denied to register for an event due to the inability to make a donation.