



Bay County Department 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. Order a meal and enjoy the whole experience. Experience Level 1 or 2

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

Tuesday/Thursday's
October 31, Nov. 2, 7, 9, 14 and 16, 2017

Class Fee:

- \$ 6.00 (3 week session) Tuesdays
- \$ 6.00 (3 week session) Thursdays
- \$12.00 (both days 3 weeks session)
- \$3.00 Drop in Basis



Tuesday and/or Thursday

- 11:00 ~ 11:45 a.m. class
- 12:00 noon lunch
- \$2.50 (60 yrs. +)
lunch suggested donation

Choice of entrée, salad or sandwich available
 For more information call Debbie at 895-4100 or Sandy at 893-7070
 to register or choice of meal option.

Registration form can be mailed or dropped off to the Bay County Department on Aging, 515 Center Ave. Suite 202, Bay City, 48708. Checks can be made payable to: Bay County Department on Aging
 Visit our web page at www.baycounty-mi.gov/aging/
 Like us on Facebook: www.facebook.com/Bay County Department on Aging

Name: _____ Phone #: _____

Address or email: _____ Amount Paid: _____

Indicate class option: **Tuesday's only** _____ **Thursday's only** _____ **Both days** _____

Indicate if Release and Waiver of Liability is on file: Yes: _____ No need to sign: _____

Indicate: **meal choice:** entrée _____ salad _____ sandwich _____

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Chair Yoga NOV 2017