

Hampton AM Activity Center

presents

Chair Yoga hosted by Caretel Inns of Tri-Cities

Hampton AM Activity Center will be offering a new and exciting way to age well and empower yourself for a healthier you. Stephanie Valley from Caretel Inns will instruct this excellent low impact exercise structure.

The class will consist of an educational component of explaining muscles and how they work for you. Stay for lunch.

Class is limited. Get your reservations in early.

This invitation is extended to the 60 plus population.

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Tuesday, July 10 and 24, 2018

Time:

10:45 —11:30 p.m. Program
Lunch to follow

Suggested donation for Lunch:
\$2.50 (60 years & better)

Menu: Choice of Entrée, Salad or Sandwich:

Call Irma for meal choices or visit our webpage also in the Wonderful Times

Call Irma for any transportation requests and reservations at
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at
895-4100 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/

Like us on Facebook: [facebook.com/Bay County Division on Aging](https://www.facebook.com/BayCountyDivisiononAging)

Name: _____	Phone #: _____
Address: _____	Amt. Paid: _____
Indicate menu request:	Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs. & better) _____ Non Eligible (59 yrs. & under) _____	

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.

Hampton AM chair yoga 2018