



Bay County Department on Aging
in cooperation with
Bay County Recreation
Aging Well Summer Chair Yoga Session

July ★★

Aging Well Summer Chair Yoga Session at the Canteen , ~ 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 will be run with a CD and Beth to attend a few classes as time permits. Order a meal and enjoy the whole experience. Experience Level 1 or 2

Location: Canteen Activity Center 800 Livingston Street, Bay City, 48708

Tuesday

July 3, 17, 24, 2018—(Highlighted date Beth will be live).

Class Fee:
Drop in fee of
\$1.00 per class



Tuesday
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 Jane at 892-6605
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/
Find us on Facebook @ Bay County Department on Aging

Name: _____ Phone #: _____

Address or email: _____ Amount Paid: _____

Indicate class option: **Tuesday's only** _____

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 July 2018