



Chair Yoga

WHERE COMFORT MEETS CALM

STARTING JULY 10

Wednesdays @ 11AM

Gethsemane Lutheran Church • Upsala



11:00AM

July 10

July 17

July 24

July 31

August 7

\$48/SIX WEEKS • SIGN-UP BELOW OR TEXT 360-5121

Pay at first class for all Wednesdays. Cash or check to: Lori Mynczywor