

CHAIR YOGA with  **SOMA CURA**
WELLNESS CENTER

Soma Cura is sponsoring and holding a FREE Chair Yoga class at the Golden Age Center once a month for this summer. They are very committed to bringing wellness to the Grand Island community and that includes our senior citizens too!

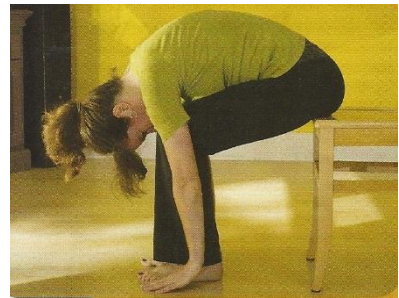
RSVP for the Chair Yoga classes by calling us at (716) 773-9682 or stopping by the Golden Age Center office or just come to the class! Join us for class on the following **Fridays** at **1:15pm** on the **Stage**:

June 14th

July 12th

August 16th

Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like!



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