



SELF CARE WITH A CHAIR

~Chair Yoga for All~

with Carolyn Ripp

from the Nest Wellness Studio, LLC

For All Ages

Mask wearing is encouraged
during the session.

WEDNESDAYS,

1/10, 17, 24, 31, 2/7, 14, 21, 28,
3/13, 20, & 27 (No Class on 3/6)

11-11:45 AM