



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,

9/6, 13, 20, 27, 10/4, 11, 18, 11/1, 8, & 15

11-11:45 AM