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# CHAIR YOGA - Zoom

THURSDAY

OCTOBER 15, 2020

1:00 pm

- Zoom Chair YOGA is Online from Home
- Certified YOGA Instructor, Heather
  
- REGISTER: Call 768-8691 or Email Laurie at [LMead@mijackson.org](mailto:LMead@mijackson.org) for your Zoom Meeting ID



## CHAIR YOGA



*Department on Aging*

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