

Chair YOGA

THURSDAY at 4:30

May 20 & June 17

(Third Thursday of the Month)

- Chair YOGA with Heather, Certified YOGA Instructor
- Zoom Class/Free

- REGISTER: by calling 768-8691 or email LMead@mijackson.org for your Zoom link and id



Department on Aging

1715 Lansing Avenue, Jackson, Mi 788-4364 www.mijackson.org/619