



Yoga for Seniors

Mondays
8:00 a.m.— 9:00 a.m.
in the Game Room

Have you ever tried yoga?

Instructor **Jeanette Redman** will guide us through yoga movements that will help with better balance and core body strength. Classes are offered in cooperation with the State Health Promotion Grant Dollars.

The cost is \$10/month.

Class size is limited.

Call 776-0501, x201 for further registration details.

The Enrichment Center
1615 S. Third Street
Sanford NC 27330