

Chair YOGA

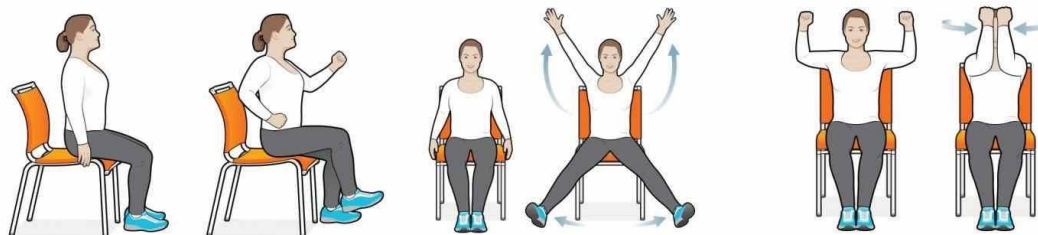
THURSDAY at 4:30

March 18

April 15

(Online From Home)

- Chair YOGA with Heather, Certified YOGA Instructor
- Third Thursday Every Month
- REGISTER: by calling 768-8691 or email LMead@mijackson.org for your Zoom link and id



Department on Aging

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