

# Community Care

## Northumberland



## GENTLE CHAIR YOGA

Improve your strength, flexibility, mobility and utilizing breath to leave you feeling relaxed and re-energized. This class is specially adapted for seniors (55+) at any level of fitness and health.

### WARKWORTH

**Mondays: 10:00am to 10:45am**

**Date: September 10 – December 10, 2018**

**Fee: \$65 13weeks (no class Oct 8)**

**Location: Masonic Hall**

**13944 County Road 29, Warkworth**

**Instructor: Alec Dewdney**

Space is limited, pre-register

Office Hours

Monday – Friday 8:30am-4pm

174 Oliver Rd. Campbellford

[www.commcare.ca](http://www.commcare.ca)



Wellness Coordinator

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