

Yoga/Chair Yoga

For Seniors

60 and Older

To attend:
Call Kari
Pohar
847-740-6708



Round Lake Area Public Library

906 HART RD ROUND LAKE

Benefits of Yoga

- * Balance
- * Strength
- * Flexibility
- * Protection
from Injury

**4 Week Class Begins
Tuesdays February 6th
2 - 3 pm**

**Catholic Charities & Round Lake Area
Library are partnering to bring this
program to the community**

Funding does not cover all of the costs for this program. ***Donations are encouraged,
however, no senior will be denied to register for a program due to inability to make a
donation ***

Funded by:

