



Lawrence Township Office Of Aging



YOGA IN THE PARK

IMPROVE BALANCE

**INCREASE LUNG
CAPACITY**

**LOOSEN JOINTS
AND**

**STRENGTHEN
MUSCLES**

**BOOST IMMUNE
SYSTEM**

**LEARN
RELAXATION AND
STRESS**

**REDUCTION
TECHNIQUES**

8 Week Session: \$24.00 (Preregistration Required)

Yoga Lessons For Lawrence Seniors 60 And Older

Instructor—Cheri Dzubak

Dates: Fridays, September 10, 17, 24,
October 1, 8, 15 22, & 29

Time: 10:30 am—11:30 am

Cost: \$24.00

Location: **Central Park On
Eggert Crossing Road**

Please Bring A Towel To Place Under Your Mat.

Please Note:

- Social Distancing Will Be Followed.
- Face Masks Will Be Required When Social Distancing Can Not Be Followed.
- Health Questionnaire And Temperature Checks Will Be Required Before Each Class.

Lawrence Senior Center

30 East Darrah Lane

Please Call 609-844-7048 To Register or For More Information