



CHAIR YOGA Six – Week Series

Tuesdays, 8:30-9:30am

April 1 – May 6, 2008

Sister Gerina Room

Saint Elizabeth's Medical Center

1200 Grant Blvd. West, Wabasha

Cost: \$4.00 per class or \$24.00 for series

*(Fit City Members may use their punch cards—
two punches per session)*

Enjoy the benefits of yoga — increased flexibility, greater range of motion, decreased stress and tension — while sitting in a chair.

Taught by certified yoga instructor, Christina Mroz
For more information contact Christina at 218-331-2211.

Fit City Wabasha is a collaborative committed to improving the health of our communities through exercise, education, activities, and support. This project is supported by Complete Motions, Saint Elizabeth's Medical Center, and Wabasha County Family Services Collaborative.



CHAIR YOGA Six – Week Series

Tuesdays, 8:30-9:30am

April 1 – May 6, 2008

Sister Gerina Room

Saint Elizabeth's Medical Center

1200 Grant Blvd. West, Wabasha

Cost: \$4.00 per class or \$24.00 for series

*(Fit City Members may use their punch cards—
two punches per session)*

Enjoy the benefits of yoga — increased flexibility, greater range of motion, decreased stress and tension — while sitting in a chair.

Taught by certified yoga instructor, Christina Mroz
For more information contact Christina at 218-331-2211.

Fit City Wabasha is a collaborative committed to improving the health of our communities through exercise, education, activities, and support. This project is supported by Complete Motions, Saint Elizabeth's Medical Center, and Wabasha County Family Services Collaborative.