

Mmmm...

Meditative Movements

Magical Moments

Health and Wellness,
Safety and Resilience Month

SEPTEMBER 2021

Sustaining the Art of Living Well (Toward the New Normal)



CHAIR YOGA
1st September
5:00-6:00 pm



Sponsored by:

ADB Yoga and
Tai Chi Club

Join our sessions!

September
1, 8, 17, 24 - Yoga
29 - Tai Chi

FEATURING:
MICHELLE NG