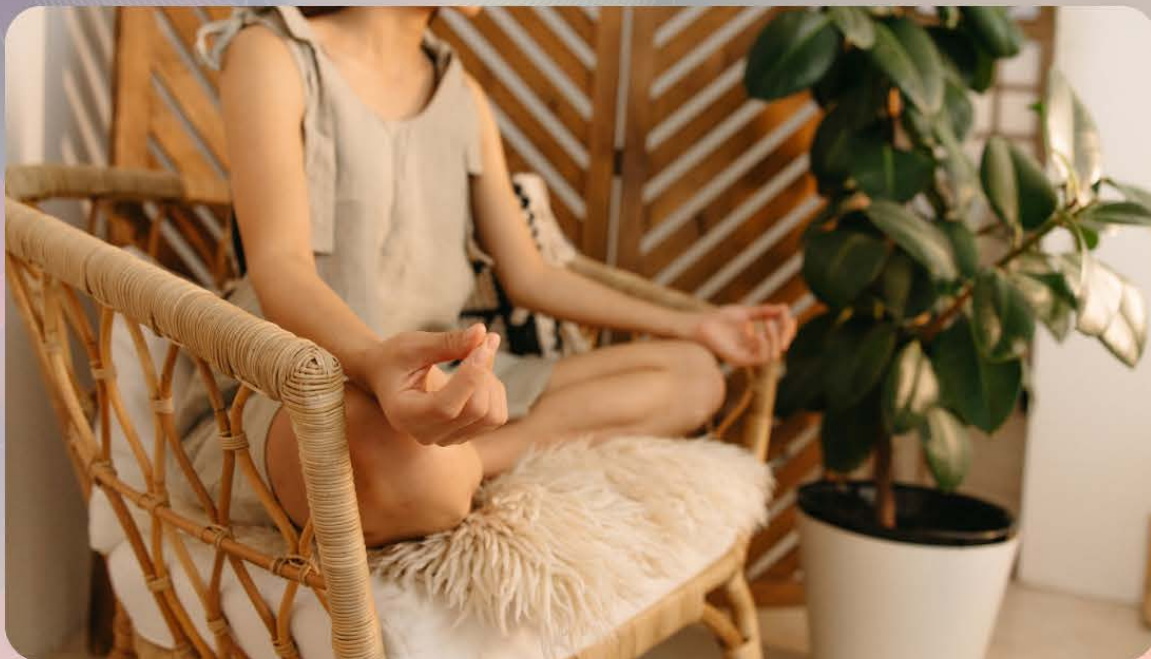


Relax and Unwind with

# CHAIR YOGA



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**Wednesdays and Fridays**

**SUMMER SESSION:**

**July 2, 2025 - August 1, 2025**

**10:15 AM to 11:30 AM**

**FALL SESSION:**

**August 20, 2025 - December 12, 2025**

**10:15 AM to 11:30 AM**

**[sccollege.edu/olderadults](https://sccollege.edu/olderadults)**

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**Please call the H. Louis Lake Senior Center  
for questions and to register.**

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