

Lawrence Township Office on Aging

Yoga Class Commencing Soon

For seniors 60 and older,

At the Lawrence Twp. Senior Center

30 Darrah Lane, just off Route 1

Lawrenceville, NJ 08648

INSTRUCTOR – CHERI DZUBAK

Fridays - 9:00 am - 10:00am

Starting: October 19, 2018

Flat fee of \$24.00 for

Eight Lesson Sessions.

Non-resident fee doubled.

Call 609 844 -7048 to register

For the class or visit the Senior Center

Class offering contingent on

Sufficient paid registrations.



***IMPROVE
BALANCE***

***INCREASE LUNG
CAPACITY***

***LOOSEN JOINTS
AND***

***STRENGTHEN
MUSCLES***

***BOOST IMMUNE
SYSTEM***

***LEARN
RELAXATION AND
STRESS
REDUCTION
TECHNIQUES***