

GENTLE YOGA

PRESENTED BY THE CAMDEN COUNTY BOARD OF COMMISSIONERS

This class is designed to bring yoga to your day - come as you are!

Join the group to maintain health & revitalize your body systems - suitable for all experience levels.

Yoga develops a union connecting body, mind & breath...in essence, it's a whole-body tune-up!

Carol Norcross Social Wellness Center
512 Lakeland Road
Blackwood, NJ 08012

APRIL 11TH, 12TH: 12:30PM-1:30PM

MAY 8TH, 23RD: 12:30PM-1:30PM

JUNE 16TH, 20TH: 12:30PM-1:30PM

Pine Hill Congregate Nutrition Program
131 E. 12th Ave.
Pine Hill, NJ 08021

APRIL 4TH: 10:30AM-11:30AM

MAY 17TH: 10:30AM-11:30AM

JUNE 8TH: 10:30AM-11:30AM

Class Sizes Are Limited to 20 Per Event. Registration is on a first come, first served, basis.

To register, go to: <https://camdencounty.info/GentleYoga>

Should you have any questions, or require additional information, please contact

Leslie Ramos by email; Leslie.Ramos@camdencounty.com or call (856) 858-3251.

To participate, you must be a Camden County Senior Citizen aged 60 +

For Weekly Newsletter
camdencounty.com/signup



CamdenCountyNJ