



camden county

Making It Better, Together.

# GENTLE YOGA

FOR SENIORS AGES 60+

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  
Senior Social Wellness Center  
512 Lakeland Road  
Blackwood, NJ 08012**

JUNE 6, 17: 12:30PM-1:30PM  
JULY 12, 16: 12:30PM-1:30PM  
AUG. 8: 12:30PM-1:30PM

**Wayne R. Bryant  
Community Center  
323 E. Charleston Avenue  
Lawnside, NJ 08043**

JUNE 14, 26: 10:30AM-11:30AM  
JULY 17: 10:30AM-11:30AM  
AUG. 5: 10:30AM-11:30AM

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

JUNE 11, 24: 10:30AM-11:30AM  
JULY 10, 25: 10:30AM-11:30AM  
AUG. 20: 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: [camdencounty.info/GYoga24](http://camdencounty.info/GYoga24)

Should you have any questions, please contact Danielle Brocco-Saul: (856) 374-6012.

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

Get Connected



CamdenCountyNJ