



CHAIR YOGA & QIGONG FOR SENIORS

w/Mary Bartel, Yoga Therapist & QiGong Instructor

MONDAYS - 11:45 AM - 12:30

WEDNESDAYS - 10 - 10:45 AM

**IN THE CANTWELL COMMUNITY ROOM
@ THE SARANAC LAKE FREE LIBRARY**

No classes Oct. 9 (Columbus Day) & Dec. 25 (Christmas)

