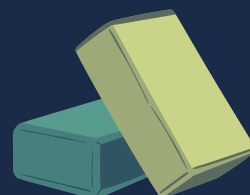




Floor & Chair Yoga

with Instructor Jen Champion



DATE: Wednesdays

FLOOR YOGA: 8:30AM - 9:30AM

CHAIR YOGA: 10:00AM - 11:00AM

CLASS FEE: Free

LOCATION: ECEC Wellness Building

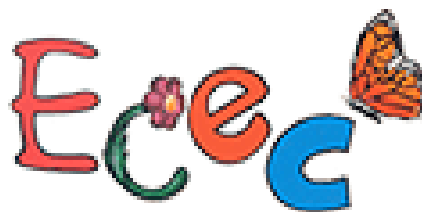
Special thanks to our sponsors, Vista Counseling & Wellness Center and the Thomas Batterman Mental Health Project!



Mats and
chairs are
provided!



VISTA



For info call our Wellness Initiative at (541) 584 - 2778
or email wellness@elktonbutterflies.com