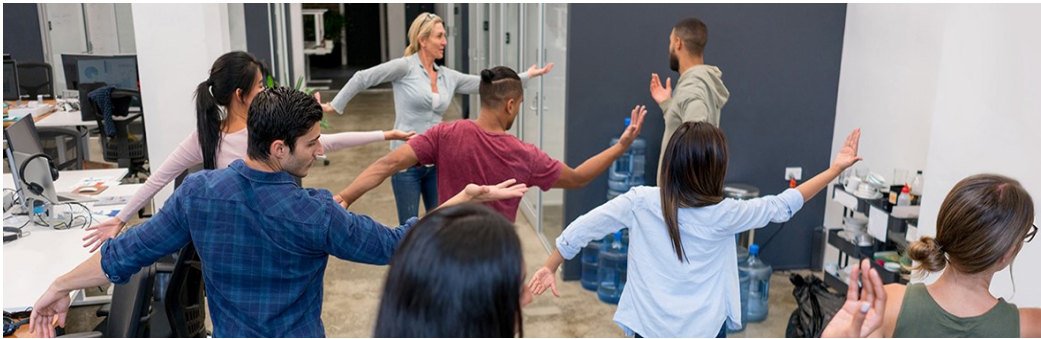


Be Well 4th Quarter Educational Event

Back by Popular Demand

Chair/Office Yoga!

with Lisa Gaumond



Chair yoga is a gentle, fun, accessible practice for all ages and bodies. In this class we weave together traditional yoga poses with functional and strength-building movements to strengthen our muscles, gain body awareness, and find better balance. Students remain mostly seated during the class, but may stand for supported balance practice and more advanced flows.

When: June 6, 2024

1st Session: 10:00am , 2nd Session: 11:00am

Where: Tolland Town Hall Council Chambers

To register go to: [Chair Yoga](#)

Refreshments will be provided.

This event will fulfill your 4th quarter wellness education requirement for Be Well Rewards Program! For those unable to attend online information will be on the Be Well website

