



SENIOR CENTER

Principles of Posture and

Flexibility

Fridays

11:00am – 12:00pm

**Also
known
as Yoga**

September 2 – December 16, 2016

INFORMATION

WHO: Adults 50 years or older
WHAT: 10 week Principles of Posture and Flexibility Class
WHERE: Irwindale Senior Center
WHEN: Fridays from 11:00am – 12:00pm
 Fall Semester September 2 – December 16, 2016
FEE: Free

REGISTRATION DATES:

NOW!!

REGISTRATION GUIDELINES:

Official Mount San Antonio College registration forms will be available from the instructor. Class is required to have a minimum of 20 students actively participating, or it may be discontinued.

CLASS DESCRIPTION

Principles of Posture and Flexibility course includes information about healthy aging, diet, nutrition, disease prevention and application of Yoga principles to maintaining health while aging for older adults. The class instructor is Martin Moreno.



SMILE - YOU ARE ON CAMERA

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For more information contact Becky Bardales at 430-2284.