



**THE NARRAGANSETT INDIAN HEALTH CENTER  
IS OFFERING WEEKLY  
CHAIR YOGA CLASSES FOR ADULTS  
TUESDAYS ON ZOOM**

**When: Tuesdays, 11am-12pm (Live zoom class) starting 1/18/2022**

**No class if clinic is closed due to inclement weather or holidays**

**Where: Your own home or office, using the Zoom app**

**How: Contact Sandy Vadnais to register and receive Zoom link**

**Email: Sandy at [svadnais22@gmail.com](mailto:svadnais22@gmail.com)**

**You can also Call Sandy at 401-368-7885 or**

**Call Susan Bradanini, RN, OCHP at 401-364-1263 ext. 123**

**THIS CLASS WILL INTRODUCE STUDENTS TO THE FUNDAMENTALS OF  
YOGA. DESIGNED TO BUILD STRENGTH, FLEXIBILITY AND ENDURANCE AS WELL AS  
BREATHING TECHNIQUES.**

**Each student will need to complete and return a signed Waiver of Liability. Pick up a Waiver  
at NIHC or request a waiver to be emailed by the instructor before the first class.**

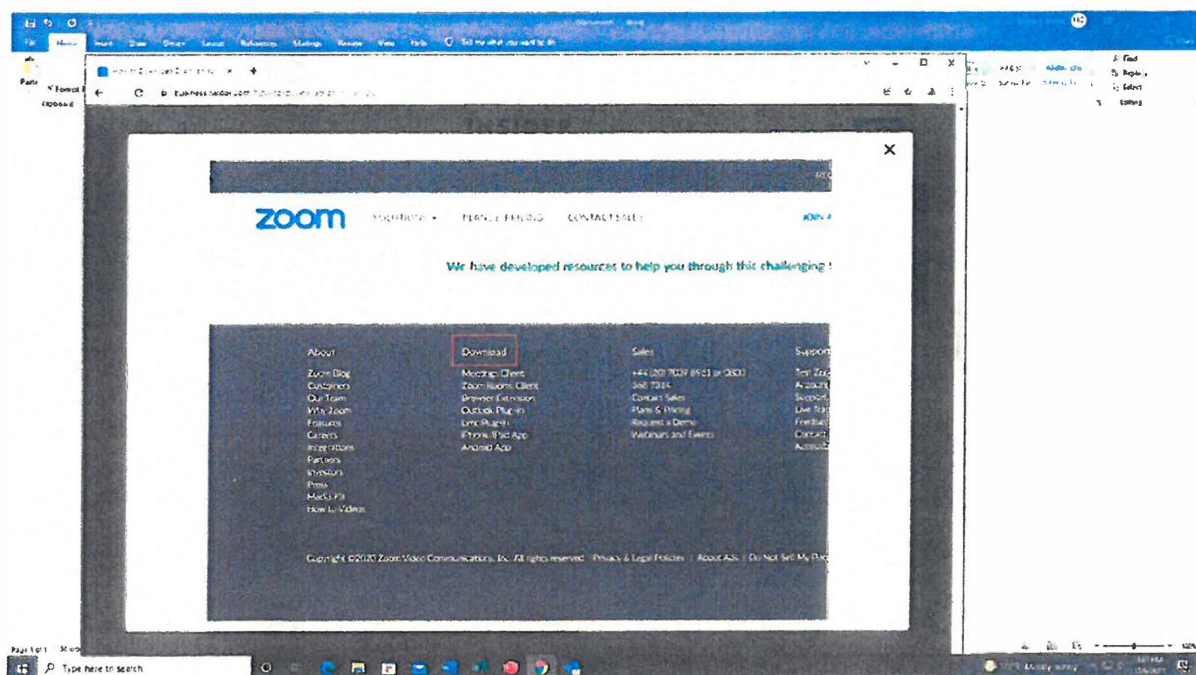
**Items : yoga mat or towel, straps or belt, exercise bands or tubing, chair preferably with-  
out arms, computer, iPad/tablet or iPhone and you will need to download and install the  
Zoom app on your device.**

**Please provide your email address to Sandy or Sue, before a class starts.**

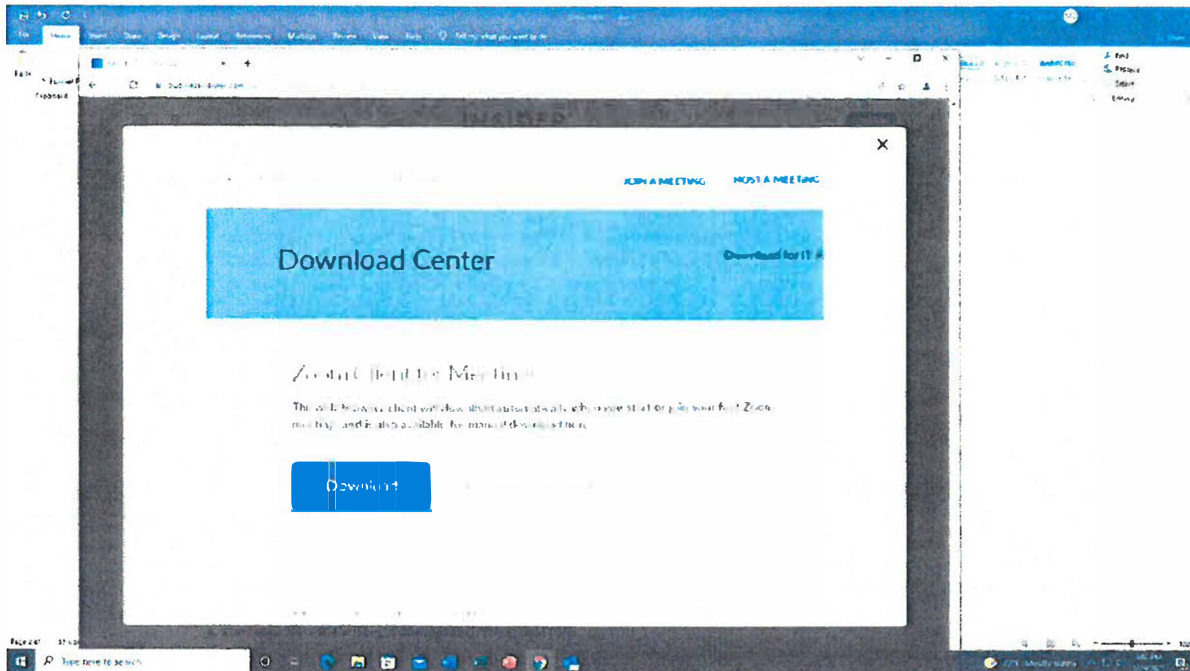
# How to download Zoom on your PC

1. Open your computer's internet browser and navigate to the Zoom website at Zoom.us.

2. Scroll down to the bottom of the page and click "Download" in the web page's footer.



**3. On the Download Center page, click "Download" under the "Zoom Client for Meetings" section.**



**4. The Zoom app will then begin downloading. You should then click on the .exe file to begin the installation process**

