



**THE NARRAGANSETT INDIAN HEALTH CENTER**  
**IS OFFERING WEEKLY**  
**GENTLE YOGA CLASSES FOR ADULTS**  
**WEDNESDAYS ON ZOOM**

**When: Wednesdays, 5pm-6pm (Live zoom class) starting 1/19/2022**

**There will be no class if NIHC is closed due to inclement weather or holidays.**

**Where: Your own home or office using the Zoom link**

**How: Contact Sandy Vadnais to register and receive 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 before the first class. Waivers can be picked up at NIHC or you may request a waiver to be emailed to you by the instructor.**

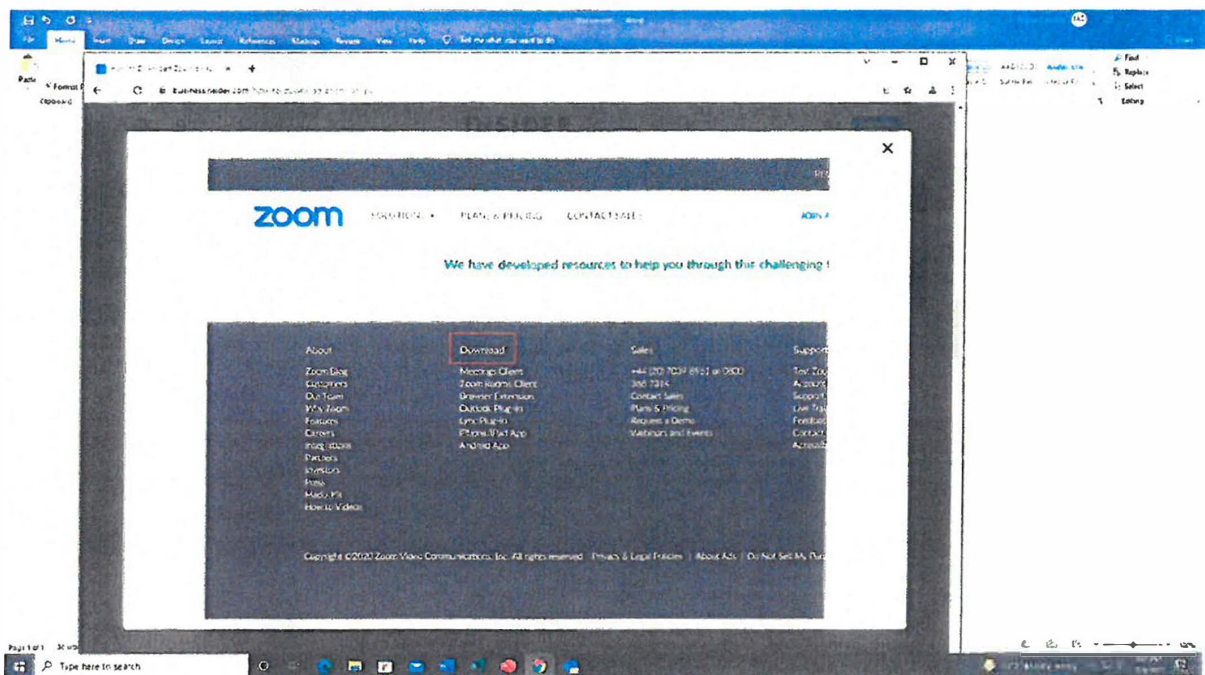
**Items needed: Yoga mat or towel, straps or belt, exercise bands or tubing, computer, iPad/tablet or iPhone and you will need to download and install the Zoom App on your device.**

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

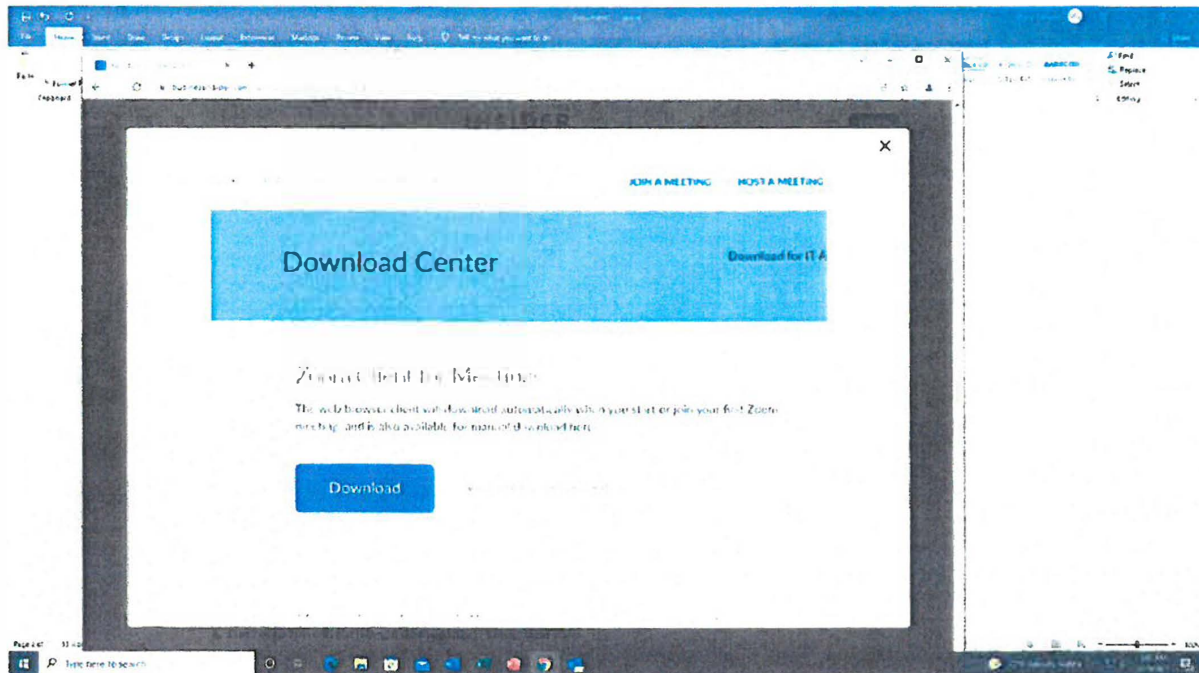
# How to download Zoom on your PC

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**

