



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

**CLASSES PAUSED DURING JULY AND AUGUST
WILL RESTART ON SEPTEMBER 6, 2022**

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

CONTACT: Sandy Vadnais at svadnais22@gmail.com or 401-368-7885 to register and get the ZOOM link OR Call Susan Bradanini, RN, OCHP at 401-364-1263 ext. 123

THESE CLASSES WILL INTRODUCE STUDENTS TO THE FUNDAMENTALS OF YOGA AND BREATHING TECHNIQUES. THE CLASSES ARE DESIGNED TO BUILD STRENGTH, FLEXIBILITY AND ENDURANCE.

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 WITHOUT ARMS, COMPUTER, IPAD/TABLET OR IPHONE. PROVIDED YOUR EMAIL ADDRESS AND HAVE DOWNLOADED THE ZOOM APP.

FOR MORE INFORMATION CONTACT: Susan Bradanini , OCHPNS 401-364-1263 ext.123