



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

**WHAT: Chair Yoga**

**WHEN: Tuesdays, 11am-12pm starting on 9/12/2023  
In-person or virtual via Live Zoom Classes**

**No class on 11/21/2023, 12/19/2023,12/26/2023 resuming on 1/9/2024**

**No class if clinic is closed for any reason including holidays**

**WHERE: Senior Center (Sliver Clouds) 4477 South County Trail and/or  
your own home or office, using the Zoom app**

**HOW: Contact Sandy to register and receive Zoom link for virtual classes,  
[svadnais22@gmail.com](mailto:svadnais22@gmail.com)**

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

**THIS CLASS WILL INTRODUCE STUDENTS TO THE FUNDAMENTALS OF YOGA AND IS  
DESIGNED TO BUILD STRENGTH, FLEXIBILITY AND ENDURANCE, and 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 without arms.**

**Computer, iPad/tablet or iPhone. and have downloaded the Zoom app. You also must provide your email address to Sandy or Sue, before the class starts.**

**For more information contact Susan Bradamini, OCHPNS at the number provided above.**