



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

What we're offering: In-Person or Virtual Chair Yoga Sessions

When: Tuesdays at 11am-12pm from Jan. 7, 2025 to June 24, 2025, and **RESUME** on Sept. 9, 2025. There are **NO CLASSES** in July and August and there will be **NO CLASS** on Nov 25, 2025; Dec. 23, 2025 and Dec. 30, 2025. Classes **RESUME** on 1/6/2026. There is **NO CLASS** when the NIHC is closed for any reason.

Where: Senior Center (Sliver Clouds) 4477 South County Trail

Sign up: Contact Sandy to register and to get a Zoom link for virtual classes, svadnais22@gmail.com OR call Susan Bradanini, RN, Office of Community Health Programs 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