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Laughter Yoga

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to make exercise fun! Yoga mats are not required, as exercises are conducted in chairs. Feel free to bring a friend!

Friday, May 17, 2019

10:30am

ONEgeneration Senior Enrichment Center

18255 Victory Blvd., Reseda, CA 91355

For more information on our services, contact Independence at Home at 866-421-1964.