

# Fremont Township

22385 W Highway 60  
Mundelein IL

To attend:  
Call Kari  
Pohar  
847-740-6708

## Yoga Chair Yoga For Seniors

**4**  
**Weekly**  
**1-Hour**  
**Sessions**

- \*Benefits of Yoga\***
- \* Balance**
  - \* Strength**
  - \* Flexibility**
  - \* Protection from Injury**

**Begins**  
**Wednesday**  
**May 17th**

**1:00 - 2:00 pm**

**Funding does not cover all of the costs for this program**

\*\*\*Donations are encouraged, however, no senior will be denied to register for a program due to inability to make a donation\*\*\*

Funded by:



Lake County Senior Services