

Chair Yoga with Tamela is Back!

Generously Sponsored by the Friends of the Fairfax Library

Chair Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. Join us the first and third Thursdays outside the Fairfax Library for physically-distanced chair yoga.

This program is limited to 15 participants and is first come, first served.



1st & 3rd Thursdays, 10-11am

Fairfax Library

2097 Sir Francis Drake Blvd.

All Library events are free. Call 415.453.8151 or visit www.marinlibrary.org



Requests for accommodations may be made by calling (415) 473-3220 (voice/TTY) or 711 for the California Relay Service or Emailing library@marincounty.org at least **four work days** in advance of the event.
Copies of documents are available in alternative formats, upon request.