

Somerville Council on Aging

YOGA



Tuesdays at 10:00am
December 6th, 13th, 20th & 27th

Holland Street Center: 167 Holland Street

Join our yoga instructor:
Louise Parker

- Easy-to-follow program lets you stretch and relax.
- It's an invigorating, community-oriented yoga class that will make you feel fresh, and most of all, exhilarated!
- Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

***For more information, please call Phelan at 617-625-6600 x2315
or email phowell@somervillema.gov***