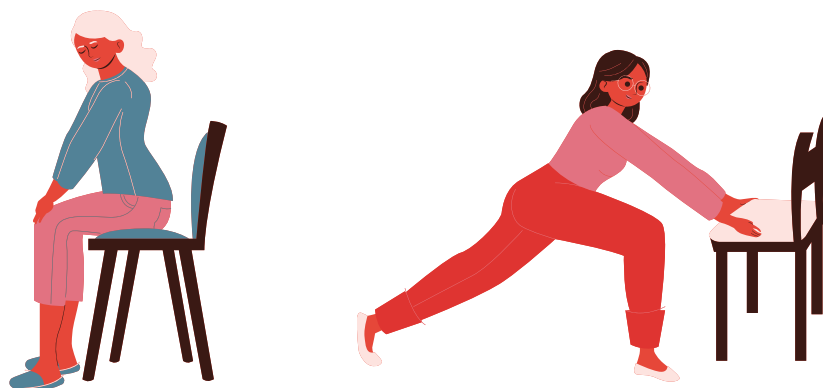




# Yoga with Louise



Yoga is a joyful practice that connects  
the body, mind, and spirit.

This is a chair-based class with the option to  
work on supported standing balance.

Tuesday, September 2<sup>nd</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>  
at 9:00am and 10:00am  
at the Holland Street Center



For more information contact Michelle at  
617-625-6600 x2315



Persons with disabilities who need ADA accommodations to access this program, please  
contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov)  
or call 311 (617-666-3311) at least 7 days in advance of this event.