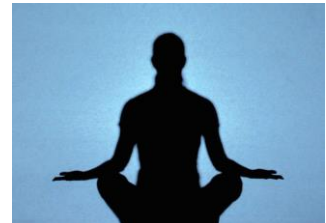




# YOGA

IN THE PARK!



**CHUCKIE HARRIS PARK**

**STARTING SEPTEMBER 11TH, 2017**

**(SEPTEMBER 11<sup>TH</sup>, 18<sup>TH</sup> AND 25<sup>TH</sup>)**

**JOIN US ON MONDAY MORNINGS!**

**A GOOD WAY TO START THE DAY!**

**THIS IS A CLASS FOR ALL LEVELS.**

- ✓ 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, exhilarating!
- ✓ Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

**Mondays 9:15am – 10:00 am**

**Chuckie Harris Park (Behind the Cross Street Center)**

165 Broadway

(Class will be inside during bad weather)

**Free for 3 weeks.**

RSVP or for more information contact:

Chris at 617-625-6600 ext. 2300



**Funding Provided by:  
The Somerville Cambridge Elder Services**