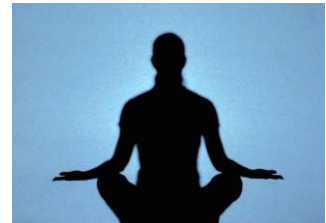




# YOGA



**THE RALPH AND JENNY CENTER**

**9 NEW WASHINGTON STREET**

**STARTING SEPTEMBER 5TH, 2017**

**(SEPTEMBER 5<sup>TH</sup>, 12<sup>TH</sup> AND 19<sup>TH</sup>)**

**JOIN US ON TUESDAY 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 feels fresh, and most of all, exhilarating!
- ✓ Yoga provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

**Tuesdays 9:15am – 10:00 am**  
**Ralph and Jenny Center**  
9 New Washington Street

**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**