

Somerville Council on Aging

September Online Yoga Class



Join us on **Tuesday, September 14th**
and **Tuesday, September 28th** at 10:00 am via Zoom

The COA's yoga instructor Janine Duffy will be leading a 45 minute gentle yoga class live over Zoom. Each class will include gentle poses done from a chair or standing.

Please contact Chris at 617-625-6600 ext. 2315 or email him at ckowaleski@somervillema.gov to receive the zoom link.