

NEW!!! EVERY TUESDAY!

TUESDAY AFTERNOON CHAIR YOGA

2:30 PM WELLBEING ROOM

COMMUNITY UNITED METHODIST CHURCH



CERTIFIED YOGA INSTRUCTOR KIM WELLS

For seniors, regular exercise is one of the best ways to achieve a healthy lifestyle. Unlike high-impact exercise like running, lifting weights, and plyometrics, chair yoga is easy on your joints, and may serve as a gateway to other forms of exercise. Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury.

Chair yoga has the following benefits for older adults:

Low impact on joints

Combats depression and anxiety

Improves balance

Promotes independence and wellbeing

Increased muscle strength

Improves circulation and lung capacity

Improves flexibility and posture

Stress reduction

Improves pain management

Improve chronic disease

45 minute class-Introductory \$10/session

Call the church office to register 262-782-4060

Wear loose fitting comfortable clothing