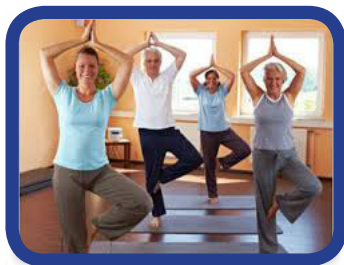


Yoga and Healthy Aging

Saturday, December 9, 2017

1:00pm - 4:00pm

Cost \$50 (\$45 members)



The practice of yoga will slow most degenerative processes, improve your quality of daily life and even reverse declining memory. Since we all strive to live longer-happier lives, come learn how yoga will do just that.



Register: 780-416-4211

#206, 2016 Sherwood Drive . Regular Practice

