

GENTLE YOGA FOR SENIORS: VIRTUAL WELLNESS EVENT



Wednesday, October 2, 2024
11:00 a.m. – 12:00 p.m.

Unwind and Rejuvenate with Yoga!

Join us for a soothing yoga session designed to help you find the perfect balance of mind and body. Discover wellness and harmony as you are guided through calming poses and mindful breathing exercises.



Plus, don't miss our exciting raffle draw right after the session!

For more information,
please email:
becnic@achev.ca

[Register Online](#)



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