

SENIOR CHAIR YOGA: IN-PERSON SESSION



Wednesday, August 20, 2025 | 2 p.m. – 3 p.m.

Join us for a session designed to help you feel stronger, calmer, and more connected—right from your chair!

Chair yoga offers a safe, gentle, and highly effective way for seniors to maintain mobility and improve overall well-being. All levels are welcome.

- Improve your flexibility, strength, and balance
- Reduce stress and boost your mood
- Support better posture and circulation
- Build social connections and promote independence



**50 Burnhamthorpe Road West, Suite 300,
Community Door, Mississauga, ON, L5B 3C2**

Register by phone or email:
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