



# Chair Yoga/ Stretching

Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn techniques that you can apply as a healthy break during your busy day. No equipment necessary!

**Chair Yoga/ Stretching**  
**Wednesday, September 28**  
**5:30 p.m. - 6:30 p.m.**

[Register Now](#)

Space is limited.

Please talk to your doctor before beginning an exercise program.

**Need Help Getting Care?**

Call a Horizon Health Guide at 1-800-414-SHBP (7427).

