YOGA FOR BALANCE

A yoga program that meets you where you are, “Fit and Friendship” is designed to help you keep moving well in everyday life! Using a chair and standing poses, we move through gentle yoga, balance work, stretching, and strengthening.

- **No Experience Needed**
- **No Getting Down on the Floor**
- **No Need to be Flexible**

Come as you are, go at your pace. Stay afterwards for coffee, conversation, and a chance to get to know your neighbours!

FIT AND FRIENDSHIP

Strength • Mobility • Balance • Connection

Mondays and Wednesdays at 1:30PM

Parkdale United Church (Excluding Holidays)

2919 8th Avenue NW in Calgary

Free Class • Donations Are Welcomed