

Chair Yoga Class

**Enjoy a relaxing and gentle
yoga class performed from the
comfort of a chair Suitable for
all Ability Levels**

**The 2nd Wednesday of
every month! 10:30 a.m.**



CHEER

Over 50 Years Serving Sussex Seniors

41 Schulze Rd Sabrina Oswell, Director
Greenwood, DE 19950 302-515-0001 ext 1361