

SCA COMMUNITY ASSOCIATION

YOGA FOR ARTHRITIS

2-hour Workshop

YOGA OFFERS A GENTLE WAY FOR PEOPLE WITH ARTHRITIS TO IMPROVE FITNESS AND FLEXIBILITY. DISCOVER A MEANINGFUL AND ENJOYABLE ALTERNATIVE TO TRADITIONAL FORMS OF EXERCISE.

Thursday, May 18, 2017

3:00 pm to 5:00 pm

Saturday, June 24, 2017

1:00 p.m. to 3:00 p.m.

Cost \$15.00

Register at:

<http://scacalgary.ca/programs/register/>

Phone: (403) 249-1138

