

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.

Saturday, September 30th
1-3 p.m.

Cost \$15.00

Register at:
<http://scacalgary.ca/programs/register/>
Phone: (403) 249-1138

