

Twin Bridges
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel
infirmier praticien **TWIN BRIDGES**

Evening Gentle Yoga

Tuesday, August 6 & 20, 2024

(2 classes)

6:45 - 7:30pm

*Twin Bridges NP-Led Clinic
(Program Room - Front Street Entrance)*

A beginner-intermediate level yoga program. Exercises will be performed both on a mat and on the floor. Each session will include a combination of exercises to improve alignment, flexibility, balance and strength.

*****Please bring your own yoga mat and water.*****

NOTE: you must be able to kneel and get up and down from the floor in order to participate in this class.

Register at www.tbnplc.com