

Elder Chair Yoga



Unwind your day!

District 5 Service Center May Schedule

Class Dates:

May 1, 2023 - 1pm

May 12, 2023 - 10am

May 22, 2023 - 1pm

May 5, 2023 - 10am

May 15, 2023 - 1pm

May 26, 2023 - 10am

May 8, 2023 - 1pm

May 19, 2023 - 10am

May 29, 2023 - 1pm

Come learn how to stay active and mobile.

For more information call (520) 562-2026
or your local Elder Center.