

Free Chair Exercise Class offered at Big Rapids Library

[Big Rapids, MI] July 20, 2018 | To promote physical activity to Big Rapids residents, a free chair exercise class will be offered at the Big Rapids Community Library on **July 26 from 8:30 to 9:30 am**. This demonstration will provide participants with knowledge of how to be active with some simple chair exercises. The class is suitable for all abilities. The class will be taught by Lisa Sandin of Heart and Sole Yoga. Participants should wear comfortable clothes.

Chair exercises are a great way to remain physically active when mobility is sometimes limited.

"I believe chair movement can be fun, dynamic, gentle and highly beneficial not only for muscles and joints but for building neuron-pathways. As we age working the body across midline and engaging the left and right sides of the body in new ways keeps the brain working." Lisa Sandin, Heart and Sole Yoga

"I emphasize it's never too late to move. Move your bodies way. Everyone can build a practice that benefits them. Practice every day. Accept your body and its ability and move as much as you are able. Chair practices can build strength, flexibility and agility. Just move!" Lisa Sandin, Heart and Sole Yoga

Pre-registration is required by July 24, 2018. Participants may call Sally at 231-355-7529 to register.

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