



# Chair Yoga with Charlie

*A City of Waterloo Program advertised in the Winter Guide*

8 weeks starting January 8 to February 26, 2019

Tuesdays 2:45 p.m. to 3:45 p.m.

Parkwood Craft Room

**Parkwood Residents sign up at the mailboxes**

Special fee

*Health & Wellness Members, Families and Community*

*to register after Dec. 5<sup>th</sup> go online at: [www.waterloo.ca](http://www.waterloo.ca)*

or

go to RIM Park

55 plus \$45.28 for 8 weeks

Drop in fee of \$10.00/visit

***Great way to start the new year!***