

# Healthy Options Program

For 55+



## Relax and Renew Yoga

Relax the body and renew the spirit with yoga! Gently increase flexibility, strengthen the body and improve balance. Chair or floor (your choice). Wear comfortable clothes.

**Sinking Springs Herb Farm**  
843 Elk Forest Road  
Elkton, MD 21921

**Thursdays, October 31—December 12, 2019**  
(No class 11/28)  
**1:30—2:30 pm**

**Instructor: Shay Robb**

**Registration Opens September 30, 2019**

**To register, contact Judi Brubaker at  
410-996-8177 or [jbrubaker@ccgov.org](mailto:jbrubaker@ccgov.org)**

**Healthy Options Program for 55+ ... No cost workshops**  
designed to help you get in shape and stay there!

Sponsored by Cecil County Department of Community Services.  
Funded by a grant through the Maryland Department of Aging

