

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, March 5—April 9, 2020
1:30 pm—2:30 pm

Instructor: Shay Robb

Registration Opens February 5, 2020

**To register, contact Judi Brubaker at
410-996-8177 or jbrubaker@ccgov.org**

Please note: Inclement weather policy follows Cecil County Public Schools. If CCPS is LATE OR CANCELLED, classes will not be held. We will do our best to contact you via phone or e-mail.

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

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