

PRIME TIMERS

CHAIR YOGA

WITH KRISTRY LALLOTIS



**WEDNESDAY,
JANUARY 15**

PAPPAS HALL

11:00 AM

Bring a sack lunch
Drinks and Dessert will be provided
Wear comfortable clothing

RSVP to Eleni Tignor 760-822-2634 | etignor@cox.net
Barbara Anaya 760-419-9699 | babsanaya@gmail.com