

MINDFUL VETERAN PROJECT



Join us for one of our Wellness Wednesday samplings
of fun, easy, gentle Wellness Practices

Gentle Chair Pilates

Nancy specializes in work with Seniors
and those with limited mobility,
making her classes a great way to try Pilates
without worrying about it being
too strenuous, fast, or demanding

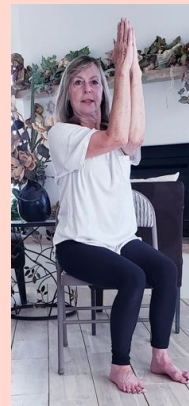
Wednesday
January 20th, 2021

3:00pm - 4:20pm
(Pacific Time)

With the aid, comfort, and support of a chair, you'll get
a relaxing session of gentle Pilates
without the challenges of
getting up from or down onto the floor.

[https://us02web.zoom.us/j/83573864944?
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

meeting ID 835 7386 4944



with
Nancy



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