

“Healing Through Chair Yoga, Breathing & Meditation”



When: Fridays: April 14th & 28th; May 12th & 26th; June 9th & 23rd, 9:30am-10:30am

Where: The HUB Community Room
236 Monterey Street, Salinas

To register, call
831.646.4931 or 831.646.5050

*****Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to register.**

*This activity is made possible through the generosity of Hospice Giving Foundation.



The HUB 236 Monterey Street - Salinas, CA 93901 - 831.646.5050
www.allianceonaging.org/hub/