



Rideau Community
Health Services

Your Community Health Centre



INTRODUCTION TO CHAIR YOGA

A VIRTUAL SESSION

**COME LEARN
EXERCISES
TO DO AT HOME!**

**LEARN ABOUT
HEALTHY
WORKOUT
SNACKS FROM A
DIETITIAN**

**CERTIFIED,
BILINGUAL
INSTRUCTOR
JOSÉE BÉGIN**

**Healthy snacks
and hydration**



**MONDAY, OCTOBER 27TH
AT THE MERRICKVILLE LEGION 2-4PM**

**PLEASE REGISTER BY EMAILING:
MERRICKVILLELIONSPROGRAMS@GMAIL.COM**