

# MIND ALIVE CHAIR YOGA

Try chair yoga and strengthen  
your connections!

Did you know staying healthy and connected  
are important parts of ageing well and reducing  
the risk of dementia?

Join us for a Chair Yoga session and stay after for a cuppa  
and biscuit and find out other options for staying healthy in  
the area.



Instructors from



**STUDIO BENEFIT**



**10.30am Monday 4 August 2025**

**Bathurst Library**

**Free Event, limited places.**

**Book: 6333 6281**