



**FREE**  
Admission

# Seated Yoga Classes (Ages 55+)

Starting

**December 6<sup>th</sup>**

**Scugog**   
MEMORIAL PUBLIC LIBRARY

231 Water Street, Port Perry

**Every Wednesday & Friday**  
Between 2:15 p.m. - 3:15 p.m.

**For information contact:**  
**Central Intake**  
1-888-255-6680



**Community Care Durham**  
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY