

Older Adults
& Seniors



Seniors Yoga

Wednesdays, 10:30–11:45 a.m.

April 10-June 19 (except April 17 & June 5)

Members: \$30/9 classes, \$3.50 for drop-in / Non-members: \$34/9 classes, \$5 drop-in

Taught by a certified instructor, these gentle yet effective stretches and exercises focus at improving mobility and decreasing physical and mental signs of aging and also strengthening body muscles.

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

To register please contact Shaelee Gummer:
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