

what's on



Gentle Chair Yoga

In collaboration with Senior Persons Living Connected (SPLC), join us to learn how to practice yoga using chair support.

Fridays, Sep 4, Oct 2

🕒 10-11 am

➡ Bridlewood Branch library's Auditorium

Registration starting **Wed, Aug 12 at 9 am**

To register, scan the QR code.

416-396-8960



Live or automated closed captioning, sign language interpretation, intervener services, or attendant services are available upon request. Please submit your request at least 2 weeks in advance to: [tpl.ca/accessibility-events](https://www.tpl.ca/accessibility-events).



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