

what's on



# Gentle Chair Yoga

In collaboration with Senior Persons Living Connected (SPLC), learn how to practice yoga while seated comfortably in a chair.

**Friday, June 5**

**🕒 10-11 am**

**➔ Bridlewood Branch library's Auditorium**

Registration starts **Sat, May 23 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://tpl.ca/accessibility-events).



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