

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

**Fridays, July 3, August 7**

**🕒 10-11 am**

**➔ Bridlewood Branch library's Auditorium**

Registration starting **Sat, June 19 at 9 am**

To register, scan the QR code.



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](http://tpl.ca/accessibility-events).



[tpl.ca/bridlewood](http://tpl.ca/bridlewood)