

# Mind-Body Fitness for Older Adults



**Wednesdays, 10-11 am**, join our Mind-Body Fitness class. This is similar to our previous “chair yoga” class. Exercises are mostly performed standing, or sitting in a Chair. No mats are required. Gentle stretches and brain exercises improve health. Space is limited to 25 people per class. Be sure to get to the library a little early as this class fill up fast! Click [Mind Body Fitness](#)