



*Stronger
Native Elders*
**Chair
Aerobics**

**Mondays and
Wednesdays**

Oct 21 - Nov 13
11:00-11:45am

Come join us in the gymnasium for chair aerobics on Mondays and Wednesdays from 11:00am – 11:45am. The class will be video-based and include a mixture of stretching, aerobics, strength training, and balance.

For more information, please contact Judy Lee at 530-251-5582