Join us for a Silver Sneakers FLEX class, put on by Sara E. Stewart of Zenful Life Living, LLC. This chair class is intended to increase mobility, flexibility, balance and range of motion.

Sara E. Stewart
Integrative Nutrition Health Coach
Neuro-linguistic Programming Practitioner
Registered Yoga Teacher

SilverSneakers®
by Tivity Health

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mhcd.org/dahlia

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