

# Yoga Class

Wednesday • October 19<sup>th</sup> • 4:30 – 5:30 p.m.

CRC

*Join us for a one-hour yoga class taught by a certified yoga instructor. All employees and fitness levels are welcome! Please bring a mat and wear appropriate clothing.*

*To sign up, please contact:*

*Sara Goodwin-Tague 518-272-6012, ext. 283, [sgoodwin@ceoempowers.org](mailto:sgoodwin@ceoempowers.org)*



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CDPHP members can earn up to 10 Life Points® for attending.

CDPHP members: please bring your member ID card.

