



**CHRISTUS.
ST. VINCENT**
Regional Cancer Center



CHAIR YOGA

Improve your balance, strength and flexibility

Dec 04	(Thu)	3 pm - 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
Dec 09	(Tue)	3 pm - 3:45 pm	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)
Dec 11	(Thu)	3 pm - 3:45 pm	2009 Botolph Rd, Ste 100 Santa Fe, NM 87505
Dec 18	(Thu)	11:15am-12:00nn	445 St. Michaels Dr, Santa Fe, NM 87505 (Community Rm)

*Each class has a maximum of **12 seats** available

Please register with **Phy Encluna** or call **505-913-8951**