

Mindful Chair Yoga

Every Wednesday, 4–5 p.m.

WHEN	Every Wednesday · 4–5 p.m.
COST	$15
WHERE	Gather 1 S Waterboro Rd., Lyman, ME

Scan to sign up
or visit
gatherwellnesscenter.com/events/mindful-chair-yoga

Gather
Center for Well-being



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