



# CHAIR YOGA

FOR SENIORS AGES 55 +

PRESENTED BY THE CAMDEN COUNTY BOARD OF COMMISSIONERS

**CHERRY HILL & GLOUCESTER TWP. CLASSES ARE IN-PERSON;  
HADDON TWP. CLASSES ARE HOSTED VIRTUALLY**

Classes are one hour long - 11:00am to 12:00pm & 1:00pm to 2:00pm

- As class sizes are limited, (25 per class) please choose your slot today.
- Registration is on a first come, first served, basis.
- You **MUST** be a Camden county resident to participate.
- Should you have any questions, or require additional information, please contact: **(856) 858-3220**.

**Haddon Twp. (In-Person)**  
William G. Rohrer Memorial Library  
1500 MacArthur Boulevard  
Westmont, NJ

**MONDAYS**  
March 18, 25  
April 1, 8, 15, 22, 29  
May 6, 13, 20  
AT 11AM

To Register for Haddon Twp:  
[camdencounty.info/HTCY](http://camdencounty.info/HTCY)

**Gloucester Twp: (via ZOOM)**

**WEDNESDAYS**  
March 20  
April 3, 17  
May 1, 15  
AT 11AM

To Register for Gloucester Township,  
go to: [camdencounty.info/GTCY](http://camdencounty.info/GTCY)

**Cherry Hill (In-Person)**  
Cherry Hill Municipal Bldg.,  
820 Mercer Street, Rm. 208

**WEDNESDAYS**  
March 20  
April 3, 17  
May 1, 15  
AT 1PM

Register online:  
[camdencounty.info/CHCY](http://camdencounty.info/CHCY)

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camden county

Making It Better, Together.



CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:

# MEDITATION

& HEALTHY LIFESTYLES

FREE CLASSES FOR CAMDEN COUNTY SENIORS 55 & OLDER

>>> SEE OVER FOR DATES/TIMES/LOCATIONS >>>

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# FREE

## MEDITATION CLASSES FOR AGES 55+

This class is designed for those individuals who feel overwhelmed with the anxiety and stress of everyday life, or those who battle with stress-related disorders. Bring harmony into your life! Create awareness methods to diminish stress & create balance for yourself.

Find the secret to:

- Building a resiliency against stress
- Discovering techniques you can use to interrupt the stress cycle and initiate the relaxation response
- Decreasing your heart rate and lowering your blood pressure
- Stretching the tension out of your muscles
- Learning an important tool you can use to calm yourself in any situation, including panic attacks

As class sizes are limited, (25 per class) please choose your slot today.

Registration is on a first come, first served basis.

You **MUST** be a Camden county resident to participate.

To register for Gloucester Township,  
go to:  
[camdencounty.info/GTMED](http://camdencounty.info/GTMED)

Cherry Hill:  
**Cherry Hill Municipal Bldg.**  
**820 Mercer Street, Rm. 208**

Register online:  
[register.capturepoint.com/cherryhill](http://register.capturepoint.com/cherryhill)

VENUES:

**GLOUCESTER TWP.**  
(via ZOOM)

**CHERRY HILL**  
(in person)

SENIOR MEDITATION  
GLOUCESTER TWP.

MARCH 27 - 11 AM

APRIL 10, 24 - 11 AM

MAY 8, 22 - 11 AM

SENIOR MEDITATION  
CHERRY HILL

MARCH 27 - 1 PM

APRIL 10, 24 - 1 PM

MAY 8, 22 - 1 PM

# ANNOUNCEMENT



Making It Better, Together.

Understanding the needs of older Americans and adults with disabilities

**Please join Camden County  
Senior and Disabled Services  
for a focus group and share  
your insights and needs in your  
community.**

**Your insights will help us shape  
a better future for aging in  
Camden County!**

**Focus groups are being held at various congregate sites,  
senior centers and virtually. If you are interested in  
attending a focus group or hosting, please email  
[Nimit.kaur@camdencounty.com](mailto:Nimit.kaur@camdencounty.com) or call 856-401-2045.**

