

# FREE MOVEMENT CLASSES FOR SENIORS: Graceful Aging Program

*Improve strength and balance, overall mood, mental clarity,  
and make meaningful community connections.*

**Classes Begin January 2, 2018**

## **Chair Yoga**

Wednesdays, 9am-10am  
Malvern-Belmont, Bar Harbor  
Fridays, 1pm-2pm  
Harbor House, Southwest Harbor

## **Meditation**

Wednesdays, 10-10:30am  
Malvern-Belmont, Bar Harbor  
Fridays, 2-2:30pm,  
Harbor House, Southwest Harbor

## **Fitness for Parkinson's**

Tuesdays, Thursdays, 10:30-11:30am  
Malvern-Belmont, Bar Harbor

## **Tai Chi for Health**

Tuesdays, 1-2pm  
Malvern-Belmont, Bar Harbor  
Fridays, 11am-12pm  
Harbor House, Southwest Harbor

## **Yoga for Cancer.**

Wednesdays, 4:00pm-5:30pm  
YWCA, Bar Harbor

## **Yoga Dance.**

Thursdays, 1pm-2pm  
Malvern-Belmont, Bar Harbor



For class descriptions, visit:  
[https://healthyacadia.org/initiatives/healthful\\_services.html#gracefulaging](https://healthyacadia.org/initiatives/healthful_services.html#gracefulaging) or  
<http://barharboryogadance.com>.

All classes are free, with grants provided by  
Stroud Fund of St Mary's and St Jude's and  
the Parkinson's Wellness Fund.  
Donations will be accepted.

For more information contact:  
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