

# KEY BISCAYNE COMMUNITY CENTER



## CHAIR YOGA with Myriam

NEW  
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INFO



**WEDNESDAYS**

**10:00 AM**

*September 2 - 30*

**FREE via ZOOM**

Meeting ID: **812 175 5689**

Passcode: **eRG21Z**



Take this new virtual exercise class that utilizes the mind-body connection more effectively to help relieve stress, pain, fatigue, joint lubrication and arthritis.



For more information contact 786-255-3601 or [rlohuis@keybiscayne.fl.gov](mailto:rlohuis@keybiscayne.fl.gov)

