



A series of Zoom courses designed to encourage, celebrate and nourish the spiritual life of older adults to learn, grow and share together through on-line short-term interactive communities led by expert facilitators.

Chair Yoga to Prevent Falls

Losing one’s balance and falling is not an uncommon experience for older adults. This chair yoga class will include leg, hip, and core strengthening as well as concentrations on neck, back, and chest for better balance that will help to prevent falls. Chair yoga is a gentle way to improve your flexibility, balance, and strength without sitting on the floor. While optional standing poses with the support of a chair will be offered, you can participate fully while sitting. Exercise in the privacy of your own home/room or grab some friends and participate together. You’ll feel better and discover better balance in mind, body, and spirit.



Facilitator: Lee Schroder, Certified E-RYT 500 Yoga Alliance, Reiki Master

Lee has taught more than 4,000 hours of Yoga and Meditation classes to adults of all ages and fitness levels, including those with health challenges and developmental disabilities. When her husband was diagnosed with Parkinson’s, she left her job as a National Training

Director in retail to seek training to improve quality of life for others.

Day/Time

Mondays 9:50am-10:30am ET beginning on Sept. 11th, 9/18, 9/25, 10/2, 10/9, and 10/16, 10/23, and 10/30. (8 sessions)

What You’ll Need

Computer/tablet/phone on which you can watch via Zoom; a chair (a cushioned chair is best so when standing your hand easily reaches the back of the chair); and the desire to develop better strength and balance, focus, and self-awareness to prevent falls.

Offered to You at Minimal or No Cost

\$20 Class Registration (5 sessions)

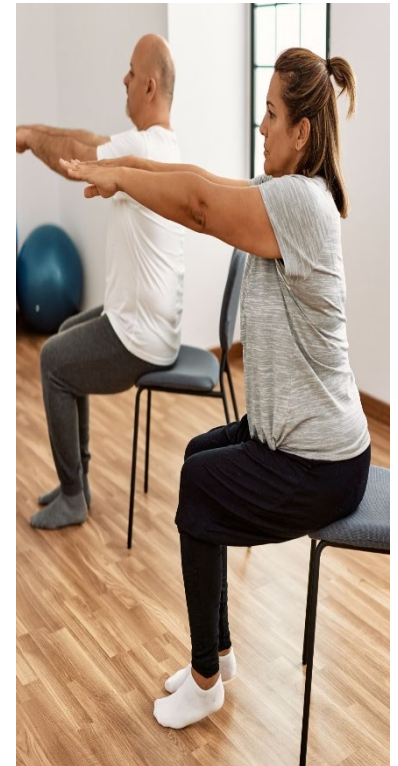
FREE Resident of one of UCH’s 80+ Communities in 15 states and two Native American nations

\$10 Member/friends of UCC Heartland Conference churches (Thanks to a grant from the United Church of Christ Heartland Conference: UCC churches in Ohio, West Virginia and northern Kentucky)

Your only commitment is to participate in each session or let the host know if you can’t be present.

[Click Here to Register](https://tinyurl.com/5ahvhy5h)

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**RUTH FROST PARKER
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