



# Florence County Health Department

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FOR IMMEDIATE RELEASE

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## YOGA TO BEGIN SOON AT NWTC IN AURORA

“Yoga with or without a Chair” will be offered at NWTC through a partnership with ADRC and Public Health of Florence County. Research, through UW Health, provides evidence that a major cause of obesity, premature death, and other chronic conditions are related to an unhealthy diet and inadequate physical activity. Yoga instructor, Lynn Mueller, owner of [icanyoga2](http://icanyoga2.com), is a 500 hour certified yoga instructor and has had personal success in participating and leading yoga classes. If you have not tried Yoga with Lynn, you should give it a try! Just ask any of her returning students about the benefits of yoga and how easy it is to work with Lynn.

The program is appropriate for both sedentary and active adults. The chair provides extra support for those who may need it but it is not required. The classes are open to all adults, but target the middle-aged and older adult population. The classes will be held at NWTC in Aurora, Wisconsin on Tuesdays and Thursdays, Slow Flow 8:30-9:30am, and Chair Yoga 10:00-11:00am from September 15- October 27, 2020. The cost is \$5 per session to be paid at each class.

Due to COVID-19 restrictions in place at NWTC, students will be required to wear a mask and social distance (remain 6 feet apart) during yoga sessions. Students will also be required to sign in at each class for NWTC recording and reporting purposes. Class size is limited to no more than 30 participants so call now to reserve your spot! If you are interested in participating in the Yoga classes, please contact Sara at the Florence County Health Department (715-528-3426) to sign up.

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