

STAFFORD HILLS CLUB

# AGING WITH *Vitality*

Saturday September 28<sup>th</sup>  
11:30am-1:30pm  
\$35/Member  
\$45/Guest  
with Sherri Koehler

Join Sherri Koehler and discover how yoga helps you to thrive in your later years by sustaining your health and vitality for the long term. In this two hour workshop we'll discuss:

- Common concerns about your health as you age and how to maintain your well-being
- Bring more focus and attention to activities
- Practices that help you sustain your balance and strength

This workshop is ideal for adults 60+ who are looking for ways to ensure their vitality as well as their longevity. It is also great for any adult who is looking for tools to manage chronic health conditions. Session includes yoga movement, meditation, discussion, and written self-reflection.

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