



Chair Yoga

When: Wednesday Evenings
6:00 pm

Where: Southard School
(115 Kent Road)

Program Dates: March 14, 21,
28 April 11, 18

NO Class April 4

Only \$30 for one 5 week

Chair yoga can be safely practiced by seniors those with weight challenges, injuries, other health concerns & those in wheelchairs.

Benefits of Chair Yoga:

1. Reduces stress and anxiety
2. Lowers blood pressure
3. Increases range of motion
4. Alleviates arthritis and joint pain
5. Improves posture and balance
6. Increases circulation
7. Improves muscle tone & increases flexibility
8. Stimulates immune system
9. Stimulates digestive and elimination systems



Participant Name: _____

Address: _____ Zip Code: _____

Phone #: _____ Cell #: _____

Date of Birth: _____ Email address: _____

Program Registering For: _____

Medical Conditions: _____

Current Medication: _____

EMERGENCY CONTACT:

Name: _____ Relation: _____

Phone #: _____ Cell #: _____

** The PAL Accident Insurance Policy maintained by the PAL is secondary in coverage. Any and all claims must first be submitted to the claimant's primary health insurance carrier.*

*** I grant the Howell Township / PAL Program the right to use any and all photographs of myself and/or my child participating in a Department sponsored activity. By registering with Howell Township/ PAL Program, I acknowledge that I have read, understood, and agreed with the above disclaimer.*

Applicant's Signature _____

Please PRINT full name _____

Date _____

CHECK _____ CASH _____ RECEIPT _____ RECEIVED BY _____

Make checks payable to Howell PAL* *Programs are run based off enrollment

All refunds are governed by the Howell Township Refund Guidelines & Procedures

Howell Township / PAL Programs

PO Box 713

115 Kent Road Howell NJ 07731

Phone: 732-919-2825 Fax: 732-919-1212