



Free Yoga Class for Seniors!

Join Walker Plaza every Monday for a free yoga class with instructor Sheila Bergen.

Where: Walker Plaza
131 Monroe Street
Anoka, MN 55303

When: Every Monday at
1:15pm

(763) 422-1226 ext. 306

Specifically designed for seniors, this class is about what you can do, not what you can't.

Yoga can help:

- Improve balance
- Reduce blood pressure
- Reduce chronic pain
- Increase circulation, strength, and flexibility

