

Please join the Successful Aging Institute and Garden Way Retirement for

Complete Wellness

Date: Tuesdays & Thursdays, February 2 - March 1

Time: 10 a.m. - Noon

Location: Garden Way Retirement Community
175 S. Garden Way, Eugene

Cost: \$59



Eight of Eugene's finest practitioner/educators will share tools to help you improve many aspects of your comprehensive wellness. Enjoy gentle guided instruction in Chi walking, Strength Training, Yoga, Grief and Loss, Emotional Freedom Technique, Nutrition, Nordic Walking, Circuit Training, Myofascial Release and Stretching.

Please note that participants will complete a release form at the start of the first class.

To pre-register by phone contact Garden Way Retirement Community at 541-343-3317

Lane is an equal opportunity/affirmative action institution.