



ULSTER COUNTY NEWS

ULSTER COUNTY NEWS INFORMATION
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FOR IMMEDIATE RELEASE

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SENIOR YOGA PROGRAM OFFERED IN ELLENVILLE

Kathryn Puglisi, Director of the Ulster County Office for the Aging and Legislator Susan Zimet, Chairman of the Arts, Education, Tourism and Community Relations Committee are pleased to announce that a Senior Yoga Program will be offered by the Ulster County Office for the Aging and sponsored by Wellcare. Yoga classes will be held on Thursday mornings from 10:00 AM to 11:30 AM at the Ellenville Nutrition Site, Trudy Farber Building, 50 Center Street, Ellenville.

The classes will be taught by Kathy Carey, a certified Yoga instructor. Senior citizens, age 60 and over, are welcome to participate. Experience the healing gifts of Yoga exercise. There is no charge for the class. Please note that when inclement weather occurs and local schools are closed, Yoga class will be cancelled.

For more information, call Kathy Carey at 657-2714.