

**Call for  
Info!**

# FREE CLASSES FOR SENIORS: Graceful Aging Program

**Email  
for  
info!!**

Improve strength and balance, overall mood, mental clarity,  
and make meaningful community connections.

**ONLINE only for now.**

## **Tai Chi for Health**

**Seated:** Fridays, 9:00-10:00am  
Malvern-Belmont, Bar Harbor

**Standing:** Tuesdays, 1:00-2:00pm  
Malvern-Belmont, Bar Harbor  
Mondays, 11:00am-12:00pm  
Harbor House, Southwest Harbor

## **Fitness for Parkinson's**

Tuesdays and Thursdays  
10:30-11:30am  
Malvern-Belmont, Bar Harbor

## **Chair Yoga**

Wednesdays, 9am-10am  
Malvern-Belmont, Bar Harbor  
Mondays, 9am-10am  
Harbor House, Southwest Harbor



## **Meditation**

Wednesdays, 10-10:30am  
Malvern-Belmont, Bar Harbor  
Mondays, 10-10:30am  
Harbor House, Southwest Harbor

## **Yoga for Cancer**

Wednesdays, 10:30am-11:45am  
YWCA, Bar Harbor

**For more information, contact Susan Sassaman at:**

**288-8103 or [barharboryogadance.com](http://barharboryogadance.com) or [cloudnine@gwi.net](mailto:cloudnine@gwi.net)**

*Funding support provided by grants from The Stroud Fund of St Mary's and St Jude's and the Parkinson's Wellness Fund. All classes are free; donations accepted. This free program is brought to you by:*