Aleda E. Lutz VA Medical Center

WHOLE HEALTH initiative

presents…

Drop-in YOGA and TAI CHI classes

When: every **Thursday**

Yoga 8:30 am – 9:15 am

Tai Chi 10:00am – 10:45 am

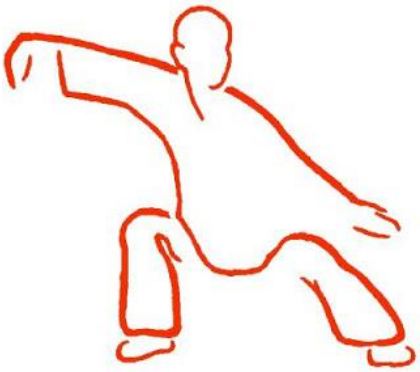
Where: **Pavilion***

Saginaw VA Main Campus

Who: All Veterans are welcome

No consult/order is required

* **Pavilion** is located at the Aleda E. Lutz VA, 1500 Weiss Street, Saginaw, MI, in the back (North) parking lot behind Building 22



Come join us for a low impact, relaxing, exercise program!