



Public Health
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Florence County
Health Department

Florence County Health Department

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YOGA WITH LYNN MUELLER AT NWTC & FLORENCE RESOURCE CENTER

Did you know that yoga classes are scheduled through December 2022 on Tuesdays & Thursdays – at NWTC & Wednesdays – at Florence Resource Center by Lynn Mueller, with iCanYoga2. This community prevention opportunity continues to be offered through a partnership with ADRC, iCanYoga2 Yoga Studio, and Public Health of Florence County. Participants at both locations, have provided rave reviews about Lynn’s yoga instruction and encourage others regardless of age or physical ability to try yoga. Current and previous participants also report that they have received many benefits from taking these classes! Because high levels of stress, poor diet and inadequate physical activity, especially during the COVID-19 pandemic, can lead to heart disease, obesity, increased incidence of diabetes and associated complications, many other diseases and conditions, and mental health issues, which ultimately lead to early death. Yoga has decades of evidence that show how it improves overall health at any age. Yoga instructor, Lynn Mueller, is a 500 hour certified yoga instructor and has had personal success in participating and leading yoga classes. Lynn is a graduate of Florence High School and now owns the icanyoga2 studio. It is not too late to register for class! Each class is a new opportunity to grow in this healthy and beneficial practice.

The program is appropriate for both sedentary and active adults. Chair yoga is for those individuals that feel that they need extra support but it is not required. Classes are open to all adults. Classes will continue at NWTC in Aurora on Tuesday and Thursday from 8:30am-9:30am (Slow Flow) and 10am-11am (Chair) as well as at the Florence Resource Center and will be held on Wednesday’s at 9:30am-10:30am (Chair). Classes will NOT be held at either location the weeks of Thanksgiving, Christmas & New Year. The cost is \$5 per session to be paid at each class.

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