



**Public Health**  
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Health Department

# Florence County Health Department

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FOR IMMEDIATE RELEASE

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## YOGA WITH LYNN MUELLER AT NWTC & FLORENCE RESOURCE CENTER

Yoga classes with Lynn Mueller are scheduled to begin again this August at the Florence Resource Center and at NWTC in Aurora. This opportunity continues to be offered through a partnership with ADRC, iCanYoga2 Yoga Studio, and the Florence County Health Department. 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. Previous participants also report that they have received many benefits from taking these classes! 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 Yoga Studio. It is not too late to register for class! Each class is a new opportunity to grow in this healthy and beneficial practice.

On Tuesday August 1<sup>st</sup>, slow flow yoga and chair yoga begin at NWTC and on Wednesday August 2<sup>nd</sup>, chair yoga begins at the Florence Resource Center. Classes are open to all adults. Classes will continue at NWTC in Aurora on Tuesday 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 10am- 11am (Chair). The cost is \$5 per session to be paid at each class.

For questions or more information, please contact Rachael Barnhart/Public Health Assistant at 920-545-0042. The Florence County Health Department is located on the first floor of the courthouse open from 8am-4:30pm Mon-Thurs.

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