



## YOGA CLASS

Thanks to a wellness grant from Mayflower Municipal Health Group (MMHG) and collaboration with the South Shore YMCA, we will be offering an introductory yoga class for all employees and retirees beginning on Wednesday, August 5. This eight week class will be held from 4:00 p.m. to 5:00 p.m. in the Large First Floor Hearing Room at Town Hall.

Don't worry if you haven't taken a yoga class before. This class will give you the opportunity to learn the basics of yoga. You don't need to attend every session to participate. Please come when it is convenient with your schedule.

**Instructor:** Hanover resident, and YMCA Instructor, Kerry Delahunt

**Cost:** The class is free for all employees and retirees.

**What to wear/ bring to the class:** Your own yoga mat (Target & Walmart have inexpensive ones), a water bottle, and comfortable exercise clothes.

**These can be some of the major benefits of yoga:**

- Great for all levels and abilities.
- Creates a balance between flexibility and balance
- Brings the mind, body, & breath together
- Perfects your posture
- Prevents cartilage and joint breakdown
- Protects your spine
- Better your bone health
- Increases your blood flow
- Makes you happier
- Relaxes your system

If you would like to attend the Yoga class on Wednesday, August 5 at 4:00 p.m., please call Audrey Barresi at (781)826-5000 X1032, or e-mail [Audrey.barresi@hanover-ma.gov](mailto:Audrey.barresi@hanover-ma.gov)