

Deerfield Parks and Recreation

## Health and wellness programs at George B. White

Improve your health, reduces your stress, meet new friends

### Adult Hatha Yoga

With Certified Instructor Nancy Damboise



Mats are Provided by the Instructor

6:30-7:30 Tues and Thurs

\$50 for full six week session or \$10 drop in

### Tai Chi with Lin Lin



6 Week continuous Course

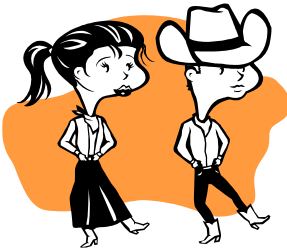
**18 THERAPEUTIC & HEALTH EXERCISES**

Sunday Mornings Beginners 8-9:30. Experienced 9:30-11.

\$40 for 1 hour class full session (\$10 drop in)

\$60 for 1.5 hour class full session (drop in \$15)

### Line Dancing with Jan Graves



Wednesday nights.

The experienced students start at 6pm and the beginners join in at 6:30

\$4 a night. Call Jan for more information at 463-8078 Pre-registration is not required

All classes held in the beautiful "Studio 59" at George B. White Building 8 Raymond Road

More info. [dflparks@townofdeerfieldnh.com](mailto:dflparks@townofdeerfieldnh.com) 463-8811 x305 [www.townofdeerfieldnh.com](http://www.townofdeerfieldnh.com)