

# ADULT PROGRAMS

## YOGA

Yoga can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Whatever your reason for practicing, or your level of experience – we welcome you to join. Everyone can practice Yoga. Regardless of age, experience, or level of flexibility – we can all benefit from Yoga if we maintain “mental flexibility”... patience. The atmosphere at Yoga is friendly, supportive and attitude-free. Each class is a mix of poses and stretches to help bring balance to your day.

Yoga, like life, is about finding bliss and serenity in the moment. So come on in, relax and become more aware of your body.

### MONDAY MORNING YOGA

**19154**

Mondays

April 03 – June 19 (No Class April 17, May 22)

11:00am – 12:00pm

\$57.25/\$71.50 incl tax

West Fraser Timber Room

Teri DeRose

### BEGINNER/INTERMEDIATE YOGA

**19155**

Mondays

April 03 – June 19 (No Class April 17, May 22)

6:40pm – 7:55pm

\$71.50/\$89.50 incl tax

West Fraser Timber Room

Teri DeRose

### WEDNESDAY MORNING YOGA

**19156**

Wednesdays

April 05 – June 21

11:00am – 12:00pm

\$63.25/\$79.00 incl tax

West Fraser Timber Room

Teri DeRose

## ADULT ARCHERY

Join the Quesnel & District Recreation Centre as we provide a fun filled 2 days of exploring the sport of archery. Every year this co-ed program teaches many technical skills to do with the sport, but in an exciting and creative way! Shoot at targets and balloons from varied distances! This ever-popular program always promises to draw big numbers, so register early to ensure your spot!

**19157**

Wednesday – Thursday

August 16-17

7:00pm – 8:30pm

16+ yrs

\$22.50/ \$28.25

Recreation Centre South Parking Lot



## SENIORS WALK OUTDOORS

Seniors walking program is transitioning to spring and summer – Come and enjoy the great outdoors. Walking is a good, low-impact exercise for all ages. It will continue indoors until April 28th then adults can walk for free outside at the Quesnel Youth Soccer Centre OUTDOOR FIELDS. Pick up your free Quesnel Passport at the Soccer Centre and track your laps walked. The Soccer Centre washrooms will be open for outdoor walkers. This program is sponsored by the City of Quesnel, the Cariboo Regional District and Quesnel Youth Soccer.

Monday to Friday

8:30 am – 4:30 pm

## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

### KNOWLEDGE, SKILLS & CONFIDENCE

**You CAN live a healthy life with chronic conditions!**

SELF-MANAGEMENT programs are available in Quesnel for adults living with or supporting someone with chronic health conditions and are FREE.

In these fun, practical workshops you will learn:

- To manage your chronic health condition to continue living a healthy life.
- New knowledge and skills to become more confident in managing your health.
- To problem-solve to make daily tasks easier.
- To get started in making healthy lifestyle changes.
- To develop good communication skills with your health care team.
- To find and use community resources.

Interested in taking a workshop or becoming a volunteer leader?

Toll Free 1-866-902-3767 • [selfmanagement@eastlink.ca](mailto:selfmanagement@eastlink.ca) • [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

# BE PART OF IT!

## CREATE A LEGACY! BUY A SEAT TODAY!



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