

## CHAIR YOGA FOR SENIORS: IN-PERSON ACTIVITY

In Collaboration with  
SEVA Food Bank



**Tuesday, October 27, 2026 | 11:00 a.m. – 12:30 p.m.**

**Venue: Seva Food Bank, 2832 Slough Street  
Mississauga (Malton) L4T 1G3**

- Learn gentle yoga poses while seated on a chair
- Practice breathing techniques to bring the mind, body and soul together
- Understand the importance of simple physical stretches and guided relaxation

Limited spots available. Registration is required to attend this event

For questions, email:  
[maltonNIC@achev.ca](mailto:maltonNIC@achev.ca)

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