

Weekly Wellness “ZOOM” Opportunities

Yoga with Chinu Mehdi – Open to All!

Gentle, relaxed and mindful, this 90-minute yoga session led by instructor Chinu Mehdi will help you reach your goals of healthier living.

When: Mondays, Wednesdays and Fridays, starts at 10am.

Where: ZOOM

Meeting ID: 927 6529 3488

Password: 2g7fV9

(The password is case sensitive)



*For more information on this group, individual groups or how to access ZOOM, please call 209-461-5069 or email Jenaffer.giannosa@dignityhealth.org