



O A K D A L E  
**Wellness 50+**

**Zoom Yoga**

Zoom Yoga | Wellness 50+



Thursdays,  
September 9 and 16, 2021  
1 to 1:45 PM



Zoom—virtual classes



Free!



Sign up by emailing  
[oakdalewellness50new@gmail.com](mailto:oakdalewellness50new@gmail.com)



**City of Oakdale | Recreation**  
4444 Hadley Avenue N.,  
Oakdale, MN 55128  
Office: 651-747-3860  
[www.oakdalefun.com](http://www.oakdalefun.com)  
Facebook: [oakdalefun](https://www.facebook.com/oakdalefun)

Practice yoga online for free during National Yoga Month! Join Lynn Woodbury, a registered yoga instructor, for two free zoom yoga classes.

*Oakdale Wellness 50+ is on Facebook.  
Search Facebook: Discover Your Fitness*

*Connect with Oakdale Wellness 50+ by  
email at [oakdalewellness50new@gmail.com](mailto:oakdalewellness50new@gmail.com)*