



Take a relaxing stretch break at work with a convenient online class

Chair Yoga

Date: Wednesday, August 19, 2026 | Time: 12:00 PM - 1:00 PM

Join via computer or mobile device at:
[Register here](#)

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description : Practice restorative chair yoga to stretch and lengthen the spine, increase blood flow, and release muscle tension.

For questions, contact: Michelle Walldorff, mmwalldorff@dekalbcountyga.gov

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