



Shasta Community Health Center
a californiah⁺health center

join us for

WELLNESS YOGA & CHAIR STRETCH

Shasta Community Health Center
1035 Placer Street Redding, CA 96001



These classes will help increase your circulation, flexibility, and strength while learning to self-manage pain, reduce stress, and improve breathing.



Wellness Yoga

Mondays 9AM-10AM

This is a traditional mat yoga class open to all levels.

Chair Stretch

Wednesdays 10AM-11AM

Open to all levels and abilities.
Tailored for those with mobility concerns.

Contact us for more information and to reserve your spot!



(530) 229-5115



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