



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# *Learning Links*

Tuesday, March 11 – 10 a.m.  
Andersen Enrichment Center  
120 Ezra Rust Dr., Saginaw, Michigan 48601



## Chair Yoga with Lisa Sawyer

Learn low impact physical fitness, stress-relief and relaxation techniques for you to do just while sitting down.

For questions, contact Tammy Johnson at (989) 797-3436.

SCCMHA Staff can use Better Together hours to attend.