Chair Exercise in the Parking Lot at Our Saviour's

Get out of the house and join Lois Nelson for some chair exercise and more importantly, some much-needed, safe, and socially distanced fellowship! If Cook County moves back out of Phase 4, the class will not continue.

More information on what you will need to bring and how the class will be handled is available on the class registration page. Please register *individually for each class.*

Class size is limited! Questions? Contact Lois Nelson at inelson@oursaviours.org.

Please click on each date you wish to attend to register:

- **September 2**
- **September 10**
- **September 16**
- **September 24**
- **September 30**