



# FREE SENIOR CHAIR YOGA

Join us at one of the locations below for a free yoga class.

**Our yoga class will provide:**

- A certified yoga instructor to ensure safety
- Modified poses and a slower pace
- A focus on stretching to help release tension from joints and muscles
- Rejuvenation and strengthening!



*"Where caring people make the difference!"*

**Third Thursday of Every Month  
at 11:30am**

## Allisonville MEADOWS

ASSISTED LIVING APARTMENTS,  
MEMORY CARE ASSISTED LIVING

10410 Allisonville Rd.  
Fishers, IN 46038

317-436-6400

**First and Third Monday  
at 1:00pm**

## Rosegate

GARDEN HOMES & ASSISTED LIVING  
APARTMENTS

7525 Rosegate Dr.  
Indianapolis, IN 46237

317-889-0100

**In the Club House every Monday  
at 1:00pm**

## Zionsville MEADOWS

GARDEN HOMES, ASSISTED LIVING APARTMENTS,  
NEW ENERGY WELLNESS, MOVING FORWARD  
REHABILITATION, AUGUSTE'S COTTAGE MEMORY CARE,  
SKILLED NURSING SERVICES, LONG TERM CARE,  
HOSPICE, RESPITE

675 S. Ford Rd.  
Zionsville, IN 46077

317-873-5205



ASCSeniorCare.com

