

## Media Release

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Date: September 18, 2020

### **Chair Yoga at the PMC Coming October 1st**

The City of Pembroke is helping you stay active this fall by offering Chair Yoga at the Pembroke Memorial Centre (PMC) starting October 1<sup>st</sup> from 10:00 a.m. – 11:00 a.m. Chair Yoga will be offered every Thursday for the month of October. Those who wish to participate must register beforehand through the Recreation Department at 613-735-6821 ext. 1501 or [recreation@pembroke.ca](mailto:recreation@pembroke.ca). Spaces are limited.

AWE Yoga is providing Chair Yoga in an inclusive way for all skill and mobility levels to enjoy. All movements will be done while seated in chairs and will be gentle and safe. Beginners are welcome! As per Renfrew County District Health Unit guidelines, special protocols are in place for this event including mandatory masks while entering and exiting the facility, extra sanitization, 6ft. distance between chairs, and sign-in/registration for the event. This will ensure the safety and wellbeing of all participants.

“I’m so happy we are able to provide this program again this year even if it looks a little different,” said recreation programmer Sarah Frederick. “We have taken all of the regulations required for indoor social gatherings and implemented them in our facility so we can provide safe programming as the cooler weather approaches.”

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