



Effingham Public Library  
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## **PRESS RELEASE**

Date: Tuesday, August 6, 2019  
For further information contact Johnna Schultz

### **Chair Yoga Offered at Suzette Brumleve Memorial Effingham Public Library**

The Effingham Public Library is excited to announce that Chair Yoga sessions will return this fall thanks to \$500 WalMart Giving grant.

The monthly classes will be led by yoga instructor Jessica Closson.

Chair yoga is a gentle form of yoga that is practiced by sitting on a chair or standing using a chair for support. Chair Yoga provides a variety of benefits to participants including improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being.

Classes will continue at the library and will be held:

Saturday, August 24 @ 9 a.m.  
Saturday, September 28 @ 9 a.m.  
Saturday, October 19 @ 9 a.m.  
Saturday, November 16 @ 9 a.m.

All of these classes are free. Participants are reminded to wear comfortable clothes and are welcome to bring a small towel and water bottle.

Registration is required. Register online or call the library.

The library can be contacted at 217-342-2464 x1, email [info@effinghamlibrary.org](mailto:info@effinghamlibrary.org) or go online at [www.effinghamlibrary.org](http://www.effinghamlibrary.org)

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