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20180924_HSC Students Free Chair Yoga September 26th

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HSC Students! Free Chair Yoga September 26th

by Sally Bowler-Hill on September 24th, 2018 | [o Comments](#)

Learn how to relax from head to toe without the stress of getting out of your chair. This session will teach you how to stretch your body and relieve tension while at work, without leaving your office chair. This free class will take place Wednesday, September 26th from 12:15 to 12:45 p.m. in the 428 classroom. For a list of all library classes, visit <https://libcal.health.unm.edu/calendar/classes>.

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