



# Yoga



## **When?**

Time: 4:45 - 5:45 p.m.

Days: Tuesdays

Dates: Oct. 4 - Dec. 6

## **Where?**

Anoka-Ramsey  
Community College  
Cambridge Campus  
F206

## **Who?**

Anoka-Ramsey  
Community College  
Faculty, Staff, &  
Students

## **Cost?**

Free to Faculty, Staff, &  
Students

Visit the Wellness Works Website at:

<http://www.anokaramsey.edu/en/employeehome/WellnessWorks.aspx>