

IN-PERSON Laughter Yoga

2:00 – 3:00pm

Weekly on Thursday

Kenneth Aiken Senior Center

Join Candi for Laughter on the back patio when the weather is nice, inside the community center when its' not. Masks required. Reservations required, in advance. Payment is \$2.00 per session, payable by the month, through Hayward Area Recreation & Park District and held at the Hayward Senior Center. Information on how to register at file:///C:/Users/msumk/AppData/Local/Temp/2022%20EH%20Jan-Mar_202201201256126988.pdf