



Chair Yoga

Presented by Brook Burchill

Tuesday, November 19

10:30 am- 11:30 am



Join us for a session of
Chair Yoga.

Yoga is a great way to destress,
relieve pain and relax. All ages
are welcome!

Born and raised in
Connecticut, Brooke
has traveled to and
lived in many places,
before settling in
Chicagoland with her husband.
She is a registered yoga teacher,
including paddle board yoga.
Brooke volunteers at an animal
rescue and is passionate about
living a healthy and active
lifestyle.



Elderwerks

**ELDERWERKS EDUCATION &
RESOURCE CENTER FOR SENIORS**

251 E. Northwest Hwy.
Palatine, IL 60067

There is no cost to attend though donations would be appreciated the day of the event. Elderwerks is a not-for-profit 501c3 organization supporting older adults, seniors and families with complimentary information, referrals and guidance for senior living, care and support services.

To RSVP, please email Events@Elderwerks.org or call 847-462-0885.