



Media Release

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FOR IMMEDIATE RELEASE

December 30, 2015

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Hanover Township to Offer Winter Women's Yoga Retreat

Women ages 55 and up who are looking to start the New Year off fresh are invited to attend a yoga retreat on Thursday, January 7 from 12:00PM to 4:00PM at the Hanover Township Izaak Walton Center and Reserve, 899 Jay Street in Elgin. The class will feature beginner's yoga, chair massage, a vision board project, and a light snack. Attendees should bring a pillow, blanket, and yoga mat if possible.

Certified instructor Teresa Donoho-Speranza will lead residents through exercises that strengthen not only physical health, but emotional and mental as well. This class is a relaxing way to begin the New Year feeling refreshed and energized.

Registration is required with a \$5 donation on the day of the retreat. Please call (630) 483-5600 to reserve your spot.

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