

OLEF

is a non-profit Organization
dedicated to enhance the
lives of those 55 and older.



CHAIR FUSION

Instructor: Sharmone LaRose

Wednesdays: March 27 - June 19, 2024

No Class: May 1, 2024

10 a.m. - 11:15 a.m.

Bartlett Senior Center, 1318 Cravens Avenue, Torrance



Yoga moves & stretching
Increase flexibility,
strength & balance
Learn breathing techniques
for relaxation

Suggested donation: \$5/class

Register in class.

**For more information, please call: (424) 271-5523 or
email OLEFclasses@gmail.com**

P.O. Box 948, 120 N. Catalina Ave., Redondo Beach, CA 90277

City of
TORRANCE
California

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