



# SMART LUNCH

Bite-Sized Learning for Big Results

POWERED BY LCC WORKFORCE EDUCATION

# CHAIR YOGA

**W/ BECKY GIEFER**

Take a break, recharge, and join us for our first Smart Lunch: Chair Yoga hosted by LCC Workforce Education! This light and refreshing session will show you simple, desk-friendly stretches and breathing techniques to reduce stress, improve posture, and boost energy—all without leaving your chair. Perfect for busy professionals looking to stay active during the workday. Come for the wellness, stay for the conversation, and enjoy a complimentary lunch provided during the session.

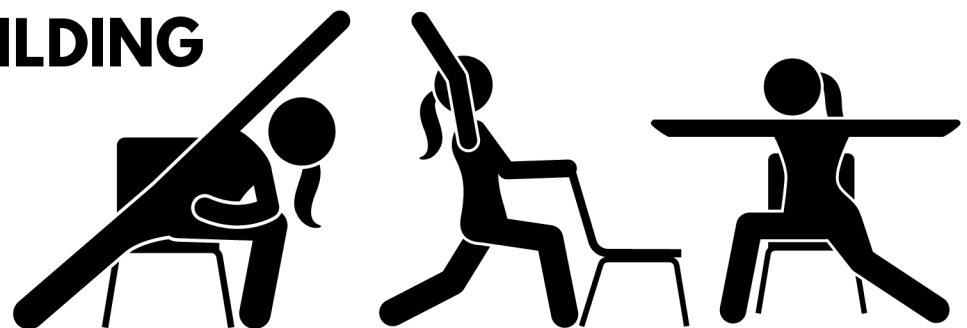


**REGISTER NOW**

REGISTER BY OCT. 7  
LIMITED SPOTS AVAILABLE

**TUESDAY, OCTOBER 21ST  
NOON - 1 PM**

**TED HILL WORKFORCE EDUCATION BUILDING  
1401 MAIN ST. | PARSONS, KANSAS**



**CONTACT US  
FOR MORE INFORMATION**



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[www.labette.edu/workforce/noncredit](http://www.labette.edu/workforce/noncredit)

**\$15**

**REGISTRATION FEE  
LUNCH INCLUDED**