



HEART &
STROKE
FOUNDATION

Fun Just Begun

Yoga with Pedro

Craik Library
(upstairs - come through
library doors)



Mondays and Thursdays
August and September

YOGA: 7-8pm
Meditation: 8-8:30pm

**Who should do yoga? Everyone! Seniors,
Families, Beginners!**

**Yoga is fun, gentle stretches that can
improve flexibility and balance.**

**Please bring a mat, blanket or towel and
wear comfortable clothes.**

Drop-in. No cost.
Call Crystal 734-7737
for more information.

