



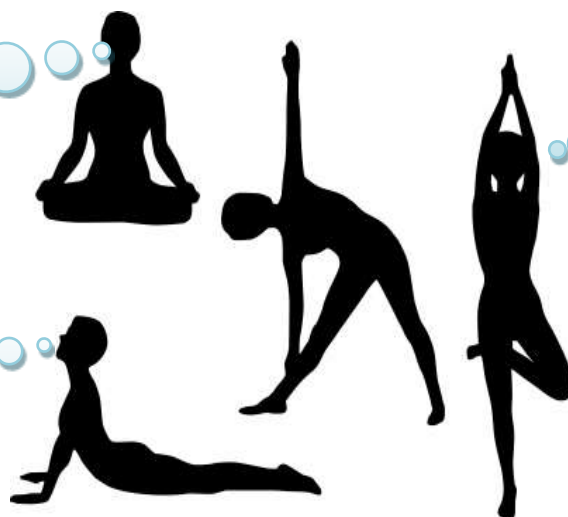
Yoga Break for Parents

With Glenda Savage, Certified Yoga Instructor

Bring your own mat & water bottle!

Limited childminding available

Class will be fun, light & calming



Your Parent Community Developers invite families with children up to 6 years old to a **FREE** yoga class with Glenda who believes yoga is for “Every Body”.

Saturday June 8, 2019

10:00am – 12:00pm (Yoga class starts 10:15am)

Family Resource Centre

145 West 1st Street, North Vancouver

Must register by emailing lroxburgh@nsnh.bc.ca
(limited childminding space available)

For more information please contact us at 604 983 6494

Financial contribution from

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FIRST YEARS COUNT:
Our Children, Our Community, Our Commitment
North Shore Community Agencies Working Together for Children
Funded by Public Health Agency of Canada
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