

INTRODUCING...

MIND-BODY-HEALTH!

FOR GIRLS AGE 13-18

Learn stress management, yoga, nutrition & more while having fun!

8 classes for \$50 Scholarships Available! (Email us)

Start the year right!

First class January 21



Join a unique experience led by pediatrician Dr. Tammy Bottner and personal trainer Paulette Dunn, as well as nutritionists, yoga teachers and fitness instructors. Feel stronger, happier, healthier & less stressed!



4 week program
2 classes per week
Tuesdays and Thursdays
3-4 PM

Higgins Conference Room at Anna Jaques Hospital

Each class will incorporate relaxation techniques, instruction, and exercise. You won't be bored. Every week will be different!



.. *for mind and body!*

For more information, or to join the class, email mindbody2014@yahoo.com
No previous experience in yoga or exercise needed!