

MINDFUL MOVEMENT

FREE ONE NIGHT WORKSHOPS

Join one or all:

Thursdays, January 29 & February 19, and

Tuesday, March 3 from 5:30pm-6:30pm.

Held at the Clemens Primary School Library



- All ages welcome
- No experience necessary!
- Mats provided.
- Wear comfortable clothing.
- Light dinner provided

Join our Skills Trainer, Tracy Erwin, for an hour of relaxation and fun. She will lead you in gentle yoga movements and mindfulness activities to help you feel strong and calm.

Let Anna know you're coming and if you'll need childcare by email: anna.srf@ruralfamilies.org or 541-929-2535



Established in 2005
Celebrating 20 Years of Service

Strengthening Rural Families
P.O. Box 1528, 535 S 19th St. #162
Philomath, OR 97370
www.ruralfamilies.org

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