

# FITNESS & FUN FOR KIDS



## BENEFITS OF YOGA

*Increases body awareness & mindfulness*

*Enhances concentration & memory*

*Develops strength & flexibility*

*Boosts self esteem*

*Helps to manage anxiety*

**Class Instructor:**

***Karen Synder***

***Licensed Yoga Instructor***

**To Register send an email to:**

***communityreachinc@gmail.com***

**Include Your Name & Phone Number**

# JOIN US FOR KIDS



**2nd Wednesday Every Month**

**4:30PM-5:30PM**

**Ages 5 & UP**

**Classes are free**

*Parents Must Remain With Their Child  
During The Class.*

*Parents are welcome to participate.*

**15 1st Ave**

**Red Lion, PA.**

**17356**

**717-244-6934**

**www.commreach.org**