



"Living Life" Kid's Day

professional instructors

**Tuesday, July 18th
10am—Noon
Chestnuthill Township Park
221 Rt 715
Brodheadsville, PA 18322**



YOGA with Jen Akob

Introducing your child to yoga at an early age helps them learn healthy lifestyle habits. A steady practice can make your child stronger and more flexible. Yoga builds character and develops the whole self, inner strength and patience.

FitDance is FUN·FUN·FUN and easy to follow and the kids will get a total body workout without realizing they are exercising. Exercises are developmentally appropriate, vigorous and fun that boost daily motor skill coordination and development.

Children need snacks to keep their busy bodies and minds going. Rhianna will present options for children to consume healthy foods and get all the vital nutrients for growth and learning!



*Healthy Snacks by
Rhianna Cenci*



FitDance with Leslie Glover



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