



The Steven A. Cohen
Military Family Clinic
at Centerstone



YOGA AND SMOOTHIES

for Kids

Saturday, January 11th from 10:00am - 12:00pm

Kids ages 3 to 12 are invited to attend a 45-minute yoga session alongside their parent or guardian. Attendees can bring their own yoga mats and towels, but mats will also be provided. Sessions will be conducted by "The Children's School of Yoga". After yoga, children and parents will enjoy fresh smoothie bowls provided by the Cohen Clinic.



Cohen Clinic Community Room
3505 Village Drive
Fayetteville, NC 28304



SIGN UP TODAY

bit.ly/4iGbPrS
910-500-1800
cohenNC@centerstone.org

