



**JOIN US ON TUESDAY, DECEMBER 2ND  
FNC CINCINNATI OFFICE**

# Calming Yoga with Sarah

This yoga class focuses on calming the body with flowing movements. Using breath practices and gentle yoga we will calm our busy minds, release stress and feel strong and confident in our bodies.

**TUESDAY, DECEMBER 2nd  
10:00-11:00AM**

**Register at:**

**[www.familynurture.org](http://www.familynurture.org)**

**Questions? Contact Jenny Smith,  
Prevention Supervisor,  
[jenny.smith@familynurture.org](mailto:jenny.smith@familynurture.org)  
scan the QR Code to register**



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