

FREE COMMUNITY YOGA CLASS FOR ADULTS



SPONSORED BY CAMBRIDGE YOUTH PROGRAMS



PHYSICAL, MENTAL AND EMOTIONAL HEALTH FOR ALL!

Series begins on April 5, 2013 and meets
EVERY 1st, 2nd and 3rd FRIDAY of the month!

Time: 6:00- 7:00PM

Located at The Russell Youth and Community Center
680 Huron Ave., Cambridge, MA 02138
(you can take the 72 or 75 bus from Harvard Station.)

Please bring a yoga mat and an open heart

For more information contact Nelita DePina or Patricia Bradshaw at 617-349-6314,
or Jennifer Miles at 617-501-4402

The Cambridge Department of Human Services does not discriminate in providing services to youth and their families based on race, religion, national origin, cultural heritage, political beliefs, sexual orientation, marital status, or disability. The D.H.S.P will provide auxiliary aids and reasonable modifications in policies and procedures to qualified individuals with disabilities upon request