

Center for Families' Adult Yoga for Beginners!

A Free 6- Part Series for Cambridge Parents
with children Birth- 8 years



*Have you ever wanted to learn yoga? Are you looking for a fun and welcoming stress-reducing experience? Join CFF for Adult Yoga for Beginners! We will learn yoga together. **No experience needed. Limited childcare available upon request. Registration required.***

Fresh Pond Apartments, Community Room, 362 Rindge Ave.
Thursdays, 10/4, 10/11, 10/18, 10/25, 11/1 and 11/8
6:30pm—7:30pm

To register, contact Christine Doucet at 617-349-3003 or
cdoucet@cambridgema.gov.

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