

RELAX

Mom's Morning Out

WHO & WHAT

Mom's or caregivers of individuals with disabilities are invited to come take a break, meet other's and relax. The morning will include some socializing, sharing, creating and relaxation. Kara Schabacker will lead us for part of the morning in yoga. The yoga portion combines the slow, deep stretch poses of yin style yoga with the relaxing, meditative poses of restorative yoga. We will use props such as bolsters and blocks etc. to aid and support us as we calm our nervous systems, relax our minds and refresh our bodies.

WHEN & WHERE

Saturday November 19, 10:00am-12:00pm
Nash Recreation Center
304 S. 5th Street, Oregon IL 61061

COST

The event is free of charge, but space is limited so sign up soon!

HOW TO SIGN UP

Call Janet at Florissa 1815-288-1905, ext 106

from your
friends at ...



Florissa • 144 North Court Street Dixon, IL 61021 • (815) 288-1905

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