

Please join us for FREE weekly...

YOGA

Wednesdays, 3/7 - 4/25 from 7-8pm

(Every Wednesday through March & April)

**At St. Paul's United Church of Christ, 5739 Dunham Rd., Downers Grove
(In the Large Fellowship Hall Room)**



Yoga is a great way to relax, stretch and gain strength. A professional yoga instructor runs this program and will guide you through the various poses. Beginners are welcome! We will have a few extra yoga mats and supplies to use if needed, but if you have your own please feel free to bring them.

MEDITATION

Wednesdays, 3/7 - 4/25 from 8-8:30pm

(Every Wednesday through March & April)

**At St. Paul's United Church of Christ, 5739 Dunham Rd., Downers Grove
(In the Large Fellowship Hall Room)**



Join us for a relaxing meditation session right after our Yoga class. If you don't have time to come to Yoga, you can still come to Meditation.

These programs are for individuals and families who want to reduce stress and improve their overall physical and mental health.

**To register please visit www.namidupage.org.
For questions, please contact Dana Stewart,
Recreation Director at NAMI DuPage, 630-752-0066.**

This program is offered in partnership with NAMI DuPage and St. Paul's United Church of Christ.

