



Nutrition & Mindfulness Workshop Series Yoga, Meditation & Tai Chi

Kids & Teens: Mark your calendars and join us for a series of introductory workshop classes focusing on yoga with Melissa Wright, meditation with Angela Swanson and Tai Chi with Caleen Pagel.

You will learn ways to incorporate flexibility, lower stress and being present in the moment.

Each class will end with a hands-on healthy snack demonstration.

Mondays, 3:30 – 5:00 PM

- June 12: Yoga**
- June 26: Yoga**
- July 17: Meditation**
- July 24: Meditation**
- July 31: Tai Chi**
- August 7: Meditation**
- August 14: Tai Chi**

Nutrition & Mindfulness Workshop Series Sponsored by Kiwanis Club of Geneseo

*Gilda's Club Quad Cities
1234 East River Drive, Davenport, IA
Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email anita@gildasclubqc.org.