



Yoga Classes

Remember your resolutions for 2008?

Was one of your resolutions to increase your physical activity?

Was it to lessen stress?

Was it to learn a new activity?

Was it to become healthy?

If you answered YES! to any of these questions, join us for five free sessions.

Classes will be held at NACR office.

Classes will be from 6:00 p.m. to 7:15 p.m.

Wear comfortable clothes and socks.

Benefits for you:

- ✚ Learn relaxation techniques
- ✚ Better posture
- ✚ Strengthen muscles
- ✚ Stress reduction
- ✚ Healthy Snacks
- ✚ Incentives

Dates: Thursday evenings

March 20, 2008

March 27, 2008

April 3, 2008

April 10, 2008

April 24, 2008

Call NACR office to reserve a spot at (303)975-2449.
Sponsored by Native American Prevention of Obesity (NAPO)

Native American Cancer Research
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