

Yancey County Public Library presents:



Instructed by:  
**Margot Rossi**

# Mindfulness & Movement

Simple, Practical Skills for Health &  
Happiness

6-week class  
Tuesday's  
Oct. 2-Nov. 6th  
from  
5:15- 6:30pm

These grant-supported,  
free classes are suitable  
for beginners as well as  
advanced students.

Space is limited.  
Please Sign up by Sept 28th.