



FAMILY YOGA

Why practice Family Yoga?

Let's face it. These days, quality family time is hard to fit in. Between screen time, soccer practice, cooking dinner, and trying to find 2 minutes of peace, we start to lose a connection to each other. Yet, all hope is not lost!

We are here to help! We have carved out some time for you and your family! All you have to do is:

- Sign up by May 31st
- Show up with a smile on your face 😊
- Wear clothes you can bend and move in. (We will guide you through the rest.)



**Enhances
Concentration**

**Boosts
Confidence**

**Improves Self
Awareness**

**Creates
Connections**

Contact:

Katie - UNFC

Kristen - UNFC

Caroline - FFPLTC

**UNITED NATIVE
FRIENDSHIP CENTER**

616 Mowat Ave.
Fort Frances, ON

(807)274-8541

Every Wednesday in June

3:30PM – 4:30PM