



# **YOGA NIGHT AT CHURCHILL JUNIOR HIGH**

**SEPTEMBER 16<sup>TH</sup>**

**6:30 TO 8:00 P.M.**

**JOIN US IN A ZENTASTIC CELEBRATION OF  
POSITIVE MENTAL WELLNESS STRATEGIES!**

**\*BRING YOUR MAT OR BEACH TOWEL. RAIN OR SHINE,  
WEATHER PERMITTING WE WILL BE ON THE LAWN. OPEN TO  
ALL AGES AND LEVELS. BRING THE WHOLE FAMILY!**



**Taught by  
Denise Druce**

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**Guest speaker:  
Julie Schwartz  
of N.A.M.I**

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**Mental wellness  
information and  
brochures  
available**

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**\$5 dollar  
suggested  
donation**

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**Donations to  
support Churchill's  
Enrichment  
Program**

**CHURCHILL  
JUNIOR HIGH**

Soccer field  
3450 East Oakview  
Drive.