

Fit Fun at EarlyON

Yoga:

Diana Harwood will be joining us from **Yoga By Sarah** to share her love for yoga. Children and parents can join in to learn yoga poses that will help to develop focus, body awareness and self-confidence. Diana encourages the use of imagination when combining movement with music in **FUN** and **EXCITING** games and activities. The class will begin and end with breathing exercises that can be used in everyday life to encourage relaxation and rest!



Smoothie Bike:

A **Green Venture** staff member will be visiting the EarlyON Centres with the **Smoothie Bike** and some delicious ingredients to make your own smoothies. Activities will be centered around understanding “local food” and “whole food”, before having the families pedal their own smoothies.



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| <p>Fenwick Satellite Site 1050 Church St., Fenwick</p> | <p>Date: Thursday, November 15, 2018 Yoga: 10:15-11:15 Smoothie Bike: 11:15-12:00</p> |
| <p>Welland Main Site 12 Young St., Welland</p> | <p>Date: Tuesday, November 27, 2018 Yoga: 10:15-11:15 Smoothie Bike: 11:15-12:15</p> |
| <p>Welland Satellite Site 735 South Pelham Rd., Welland</p> | <p>Date: Tuesday, December 4, 2018 Yoga: 10:15-11:15 Smoothie Bike: 11:15-12:15</p> |

To register please call the Welland Main Site

Spaces are limited!