



GENTLE YOGA YOGA WITH JULIE

A \$5 donation is
being requested
to attend the class

For people of any age who have diabetes or pre-diabetes .
Participants can expect to achieve greater relaxation, mindful
awareness, mobility and strength.

Wednesdays from 6 PM to 7 PM

**CENTRAL OHIO DIABETES ASSOCIATION
1100 DENNISON AVE, COLUMBUS, OH 43201**

Julie is a Registered Dietitian and Certified Fitness Trainer

**The Central Ohio Diabetes Association is an agency of LifeCare
Alliance : Call 614-884-4400 to register. www.diabetesohio.org**

central ohio
DIABETES ASSOCIATION
An Agency of LifeCare Alliance

Registration is required


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