



GENTLE YOGA

YOGA WITH JULIE

This Yoga Instructor will discuss the physical and mental benefits of Yoga for people of any age who have diabetes or pre-diabetes.

Wednesday, June 7, 6 PM to 7 PM

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

Julie is a Registered Dietitian and Certified Fitness Trainer. In this interactive presentation, she will answer questions about Yoga and its many benefits for Health, Fitness and well-being.

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



Registration is required

