



“GROW YOURSELF”

Fall/Winter Series

Relax the mind and body with Yoga



Come in out of the
cold and stretch
out with a session
of
Hot Yoga!

Registration Information:

Each session:

JFS Members - \$10

Non-Member - \$15

To register

please call 570-344-1186,

or by e-mail

mbushwick@jfsolackawanna.org

For future programming

check out our website at

www.jfsolackawanna.org

Checks can be made payable to:

Jewish Family Service of

Lackawanna County

Location:

Steamtown Yoga

1130 Moosic Street

Scranton, PA 18505

When:

Thursday, January 19, 2012

at 7:30 PM



Jewish Family Service
of Lackawanna County

