

# Total Wellness Workshop

Monday, May 22



*Brought to you by the City of Richmond Heights  
and its newest fitness business, "Jus Dance!"*



Location: "Jus Dance!"  
740 Richmond Road  
Richmond Heights

Date: Monday, May 22, 2017

Time: 6:00 p.m. to 8:30 p.m.

Cost: \$25  
(Refreshments included)

Call to Register: (440) 363-1017

As we celebrate the City of Richmond Heights' Centennial, let's explore opportunities for our own personal healthy longevity. Exercise for Strong Bodies. Meditation for Emotional Serenity. Fun for Feeling Fine.

This program will guide you through Meditation, Pound, Yoga and Reggae Belly Dancing in one non-stop evening of wellness. Appropriate for all fitness levels. Taught by industry professionals.

Bring a towel or yoga mat.

