

Beth Robertson of Coldwater Haven Studio presenting



Yoga for Depression Demonstration and Talk

When: October 15 at 1:00 p.m.

Where: Branch District Library Coldwater Branch

10 E. Chicago St. Coldwater, MI 3rd Floor Meeting Room

Cost: Free

Why: To share information about how yoga can support health and vitality.



Yoga is a gentle way to help relieve symptoms and be with a community of others doing the same.

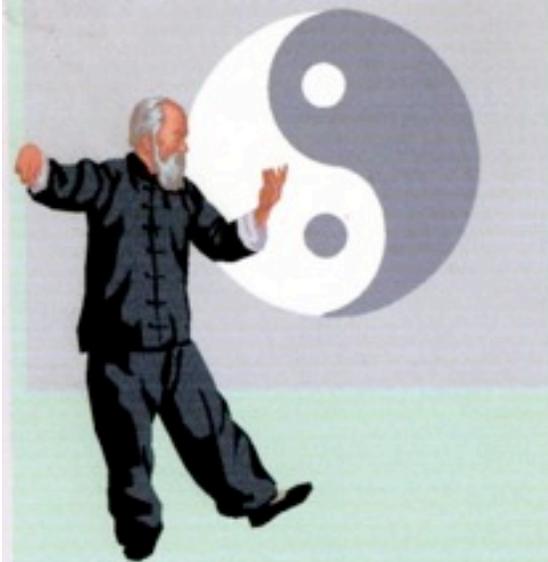


Would you like to learn to slow down
Improve your balance
Help your concentration
Reduce your stress
Improve flexibility
Improve pain and stiffness

Join us
for a demonstration of Tai Chi
Learn about the history
Hear about Benefits
and try it!

Try Tai Chi

at
Branch District Library
Coldwater
October 12, 2012
1:00 p.m.
3rd floor meeting room
RSVP Please



Introduction to Tai Chi

Find out what Tai Chi is
Learn about the history
Hear about the benefits
See a demonstration
and
Try it.

Tai Chi is a gentle exercise that is easy to learn, safe, effective, inexpensive and most of all a fun way to improve your quality of life.

Tai Chi improves:

Muscular strength
Flexibility
Fitness
Balance
Concentration
Stress reduction
Relieve pain & stiffness

Can be done seated

Branch District Library

Coldwater

October 12, 2012

1:00 p.m.

3rd floor meeting room

RSVP--Please

we have limited space

“Fancy Nancy” and “Pride and Prejudice” Programs



Learn to make a
fall decoupage pumpkin



Join us in the 3rd floor meeting room
Tuesday, October 30, 2012, At 1:00 p.m.

Materials will be supplied
Bring your own napkins if you would like a
specific pattern

Branch District Library
Coldwater Branch
10 E. Chicago St.
Coldwater, MI

Rsvp by calling Denise @ 278-2341