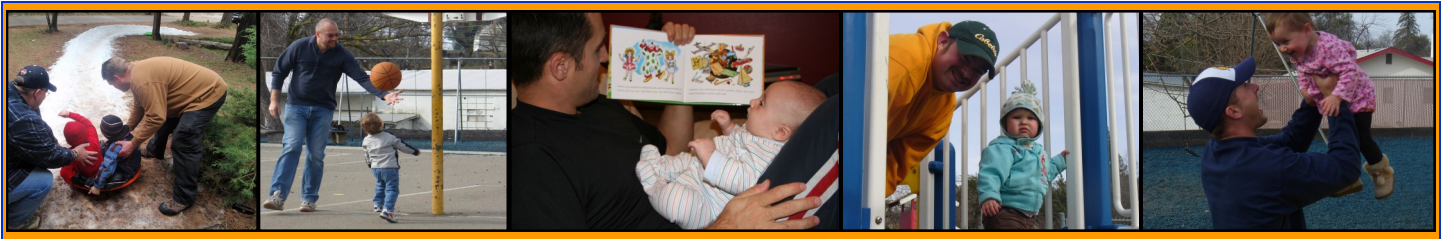


# Dad & Me

Calling all dads, uncles, grandpas, etc...  
a morning of fun activities for  
children 0-5 years old!



## Let's Learn Some Yoga!

- \* Wear comfortable clothes while learning more about strength, balance, stress relief and relaxation techniques!
- \* Spend a fun morning experiencing how to help yourself, and your child, feel more calm and strong!

**FREE!**

- \* Story time, snacks, and bring home a free book!



**Saturday, June 23**  
**10:30 am - 12:00 pm**

Upcountry Wellness Center  
In Buckhorn Village Shopping Center  
26590 Highway 88, Suite 4 - Pioneer

**"Dad & Me" events are held on the  
4th Saturday of every month!**



This event is FREE! Space is limited.  
To reserve a spot, please call 257-1092.