



TODAY I CHOOSE TO BE CALM.

YOGA YOGA YOGA!!!!!! with Cassidy

It's back and it's better than ever!

If you are a county employee, school employee or family member or friend, you are welcome to participate.

Every Tuesday @ 6:15

This will be appropriate for every "body", ability and everyone (guys too)!

Bring a mat or a towel, 5\$ donation, dress comfortably and show up at the Blountville Health Department - Board Room.

If you have questions - call me!

Alisa Hearl 423.279.2165