



National Alliance on Mental Illness

**nami** Lorain County

A Community Connection Event

# ZUMBA For Beginner's

**Wednesday, February 28<sup>th</sup> 6-7pm**

**At the Clearview School Wellness Center**

4700 Broadway Ave. Lorain, OH.

Zumba is a low-impact fitness program that involves cardio and Latin-inspired dance. Zumba emphasizes moving to the music and having fun regardless of your fitness level!



**Call 440.240.8477 to register  
or email [office@nami-lc.org](mailto:office@nami-lc.org)**

Transportation is also available.