



Announces the next Community Connection

## Health and Wellness Series

Featuring Yoga sessions with Seed Yoga beginning in June,  
6:00-7:00 p.m.

Thurs. 6/13    Breath, Move & Meditate

Thurs. 6/27    Breathe, Move & Meditate

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The sessions will take place at the

### **Amy H. Levin Center**

1165 N. Ridge Rd. Lorain, OH. 44055  
6:00 – 7:00 pm

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Yoga mats will be provided, or you can bring your own.

To register, call 440.240.8477

Or email [office@nami-lc.org](mailto:office@nami-lc.org)

Transportation is also available