



Announces the next Community Connection

Health and Wellness Series

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

Thurs. 5/9 Breath, Move & Meditate

Thurs. 5/16 Breathe, Move & Relax

Thurs. 5/30 Yoga Nidra *Will take place at the Amy H. Levin Center

The sessions will take place at the Clearview Local
Schools Wellness Center located at



4700 Broadway Ave. Lorain, OH. 44052
6:00 – 7:00 pm

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

To register, call 440.240.8477

Or email office@nami-lc.org

Transportation is also available