

New Year, New You

Yoga for Beginners



Give your body
and mind a healthy
kickstart for the
new year with an
introductory yoga
class promoting
overall well being.

Registration requested.

Northeast Regional Library | 919-570-7166

Friday, January 6, at 10:30 a.m. | Dharma Richards

East Regional Library | 919-217-5300

Sunday, January 8, at 2 p.m. | Kara Crooks

Eva Perry Regional Library | 919-387-2100

Monday, January 9, at 10:30 a.m. | Dharma Richards

Cameron Village Regional Library | 919-856-6710

Friday, January 13, at 10:30 a.m. | Dharma Richards

West Regional Library | 919-463-8500

Saturday, January 14, at 11:30 a.m. | Dharma Richards

North Regional Library | 919-870-4000

Monday, January 16, at 10 a.m. | Dharma Richards

Southeast Regional Library | 919-662-2250

Monday, January 23, at 3 p.m. | Kara Crooks



personal development



wake county public libraries
www.wakegov.com/libraries