



# YOGA



**NESP**  
New Parent Support Program  
*Walking with you from 0-3.*

## Prenatal Yoga May 4 & 11

Help improve strength, flexibility, and relieve stress to help prepare your body for labor.

## Mommy, Daddy & Me May 5 & 12

Babies and toddlers join in on this parent/child bonding time.

**1-2pm, Family Outreach Center, Bldg 33512, Rice Rd.**

*Register 7 days before class*



**Register:**  
**706-791-3579**

