



IN HONOR OF INTERNATIONAL
OVERDOSE AWARENESS DAY:



FREE RECOVERY YOGA CLASS



Sunday, August 31st / at 2 PM

at Iowa City Public Library, Meeting Room A

Come experience the health advantages of yoga in a loving and non-judgmental environment. All you need is a water bottle and an open heart— no experience necessary!

CLASS TAUGHT BY
NOELLE
HAVERHALS

Questions? Reach out to
UIARC-outreach@uiowa.edu