

# HAPPY HOUR FOR TEENS AND YOUNG ADULTS MINDFUL MOVEMENT

Fitness coach Rifat will lead us in a gentle stretch while we talk about workout motivation.



**TUESDAY, JULY 27TH 5:30 P.M. TO 6:30 P.M.**

All events will be held virtually on Zoom at NO-COST.

**For questions, contact Amanda at [awilson@namioc.org](mailto:awilson@namioc.org)**

**RESERVE YOUR SPOT: [WWW.NAMIOCEVENTS.EVENTBRITE.COM](http://WWW.NAMIOCEVENTS.EVENTBRITE.COM)**