



Ladies' Day Out

Jacksonville Public Library

August 25, 2018

Health and balance

- ❖ Carol from Better Body Chiropractic and the benefits of massage.
- ❖ Julie Brown and channeling your "inner yogi" through chair yoga.
- ❖ Kathleen and creating art from ordinary rocks.

A light lunch will be served.

\$10 Non-refundable registration fee by
August 22nd.

Questions? Call 256-435-6332.

****Attend all 3 Ladies' Day out programs to
be eligible for a grand prize drawing****