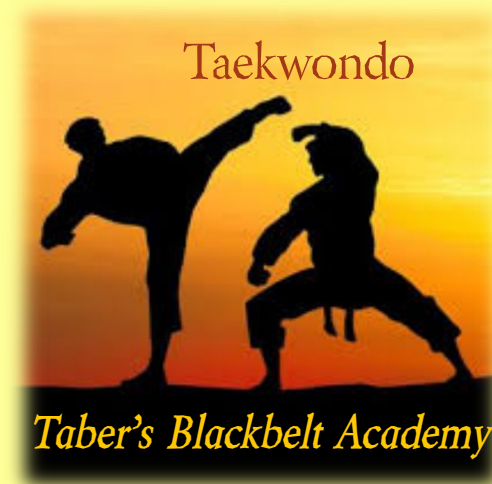


Yoga & Taekwondo @ the Valdese Public Library

No
Pre-registration
Necessary



Join the us for a new series of family health & wellness programs provided by the Valdese Public Library. All programs will be held in the Community Room.



Feb-1 @ 10 am

Apr-9 @ 6:30 pm

Feb-15 @ 10 am

Apr-23 @ 6:30 pm

Mar-12 @ 6:30 pm

May-7 @ 6:30 pm

Mar-26 @ 6:30 pm

May-21 @ 6:30 pm

Limited supply
of mats provided.

Feb-8 @ 10 am

Apr-4 @ 10 am

Feb-29 @ 10 am

Apr-18 @ 10 am

Mar-7 @ 10 am

May-2 @ 10 am

Mar-21 @ 10 am

May-16 @ 10 am



For more information on these and other library programs, visit our library website at www.bcpls.org, call, or visit the library today.

Valdese Public Library ~ 828-874-2421
213 St. Germain Ave SE Valdese, NC 28690

