



DREW CDC

Every Child's Success
Strengthens Community



Mindfulness Yoga

Join us!

Date: Every 2nd and 4th Monday of the month
**excluding holidays*

Time: 10:00am-11:00am

Location: MLK Public Health
11833 Wilmington Ave.
Los Angeles, CA 90059



About Class

A free self-care practice that connects the body, mind, and breath.

To help reduce stress, regulate emotions and improve mental health.

*Facilitated by Drew CDC in conjunction
with MLK Public Health.*



**For more information, please
contact Jimena Cayetano
at 323-795-3623 or
jcayetano@drewcdc.org**

