



January Classes for Adults

- Jan 13 T'ai Chi for Well Being
- Jan 17 Zumba: Latin & Hip Hop Dance Fitness
- Jan 18 How to Raise a Healthy, Happy, Gifted or Psychic Child
- Jan 20 Restorative Yoga
- Jan 22 Zumba
- Jan 23 Bob Ross Oil Painting: Blue Sky
- Jan 24 Drafting Your Own Will
- Jan 29 Changing the Way We Speak & Think about Depression & Suicide
- Jan 31 Origami: Valentine Boxes
- Jan 31 Adult Tap Dancing

Register Online: www.WhiteBear.CE.Eleyo.com

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