



FREE PROGRAM
Focus on Seniors & Adults
National City Public Library
1401 National City Blvd.
National City, CA 91950
Information: 619-470-5830



Laughter Yoga

Wednesday, August 14, 2013

6-7:30 PM

Presenter: Imelda Moreno

Laughter Yoga is Healthy

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Learn Yogic deep breathing
Enhance the Immune System
Lower Stress & Blood Pressure
Relax Muscles
Stimulate Blood Circulation
Increase Oxygen Levels
Elevate Your Mood

