

PRENATAL YOGA CLASSES

SIGN UP TO BEGIN YOUR FITNESS JOURNEY

Timings:

10:30 am to 11:45am

&

1130am-1245pm

Days:

Wednesdays & Fridays

What to get:

**Suitable clothing,
water**

****Loaner Mats are
available****

For Booking:

661-418-7716



**City of Lancaster
Community Health
Home**



**LUNA &
SOL**

COMMUNITY HEALING COLLECTIVE



**AFRICAN AMERICAN INFANT
AND MATERNAL MORTALITY
PREVENTION INITIATIVE**

ANTELOPE VALLEY COMMUNITY ACTION TEAM