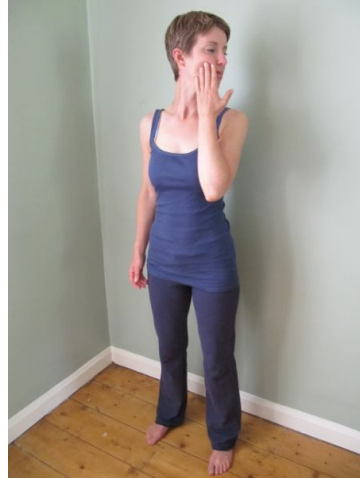


Enrichment Program  
Co-sponsored by Helena Twp. Public Library  
& Friends of the Library



## Stretch for Balance

With MAKKO-HO full body stretches and a gentle head, neck and shoulder routine.

Enjoy more flexibility as well as feeling more grounded and balanced.

**with Billie Sherriff**

American Organization for Bodywork Therapies of Asia - Certified Bodywork Therapist

**Tuesdays 10 to 11 am**

**April 3 to May 8**

Six-week class focusing each week on different meridians of the body and their functions

Bring a mat, if you have one.

Helena Twp. Community Center  
8751 Helena Rd., Alden  
(231) 331-4318