

COUNTY OF PICKENS

Pickens County Library System

www.pickens.lib.sc.us



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Yoga for Beginners @ Your Library!

Yoga reduces stress, improves balance, increases bone density and so much more! What are you waiting for? Ages 12 and up are invited to a yoga class for beginners on the 2nd Thursday of each month at 11am at the Sarlin Branch Library in Liberty. Bring a mat if you have one. Don't have a mat? A limited number of mats will be available to borrow.

We will meet next on September 14th and October 12th.

This program is free. For more information, call the Library at 843-5805.

Pickens County is an Equal Opportunity Provider and Employer

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