

# **COUNTY OF PICKENS**

**Pickens County Library System**

**[www.pickens.lib.sc.us](http://www.pickens.lib.sc.us)**



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## **Yoga for Kids @ Your Library!**

Yoga helps kids manage stress through breathing, awareness, and healthy movement. It increases confidence and builds concentration. Become a part of our noncompetitive group!

Ages 4-12 are invited to join us for yoga on the 2<sup>nd</sup> Tuesday of each month at 3:30pm at the Sarlin Branch Library in Liberty. Wear comfortable clothes and bring a mat if you have one. Don't have a mat? We'll have a few available for borrow. Our next sessions will be on September 12<sup>th</sup> and October 10<sup>th</sup>.

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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