

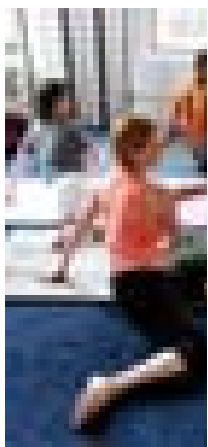
Movement Improvement

Beth Sidlow Mann
Feldenkrais Practitioner
Anat Baniel Method for Children,
Vitality, Anti-Aging &
High Performers



FELDENKRAIS^(R) Awareness Through Movement^(R) Classes

- Improve balance
- Increase flexibility
- Reduce pain



Campbell Recreation Department
Campbell, CA 95008
Thursdays
January 7- February 10, 2010
10:45-11:45 a.m.

To **register** visit www.cityofcampbell.com or call 408-866-2146

For **information** visit www.MovementImprovement.com or call
650-867-8680

This class is for those who are 50+. Membership at the Campbell Adult Center is required.

Please bring a mat or towel and wear loose, warm, comfortable clothing.

