



# PRENATAL & POSTNATAL YOGA CLASS

EVERY THURSDAY 10:30-11:30 AM  
W/ JULIA BUGGY REGISTERED YOGA INSTRUCTOR

www.juliabuggy.com



On ZOOM - EMAIL FOR LINK

juliafbuggy@gmail.com  
or call Julia @ (360)809-0717

This course is sponsored by Forks Community Hospital and offered at no cost to you. Yoga mats, bolsters, and blocks are available by calling Angelica at (360)374-6271 ext. 125.