

PUBLIC LIBRARY OF NEW LONDON
63 Huntington Street, New London CT 06320

For Immediate Release

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Family Yoga

New London, CT, Saturday, July 23, 2016, 10:30-11:30AM– The Public Library of New London will be hosting a Family Yoga workshop as a part of its 2016 Adult Summer Reading Program's theme: Exercise Your Mind. Stay in shape and release stress with yoga! Come in sneakers, comfortable clothing, bring a water bottle, and a yoga mat. Fun and free for all ages. To register please call 860-447-1411x3 or visit the libraries calendar of events at plnl.org.

For more information, please contact Madhu Gupta at 860-447-1411 x3, mgupta@plnl.org or go to the library's website at www.plnl.org

Optional Pictures: (Labeled for Reuse)

