## THE MIND-BODY CONNECTION

WEDNESDAY,
JULY 24

6:00 - 6:30 P.M.

Learn about the mind-body-spirit benefits of martial arts.

Ages 6 to adult.

Presented by Sensei Thomas Smith of Sumisu Dojo.

Registration begins Monday, June 3. Register: bit.ly/lancasterlibrary or call 716-683-1120.



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