



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.