

News



Macomb County Library

FOR IMMEDIATE RELEASE

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Children's yoga at Macomb County Library

CLINTON TOWNSHIP, Mich. – Children from ages 5 to 12 can get an hour of serenity at the Macomb County Library if they join instructor Jim Abney for children's yoga time at 2 p.m. Saturday, Nov. 24.

Abney, a Sterling Heights-based yoga instructor and fitness expert, says yoga helps children improve balance and flexibility needed in sports and other physical activities.

A parent or guardian must be present to sign a consent and waiver form. Children should bring a non-slip mat and wear comfortable clothing that allows bending and stretching.

This program is free and open to the public, but space is limited and registration is required. For reservations or more information, call the Macomb County Library at 586-286-6660.

The Macomb County Library is located at 16480 Hall Road (near Garfield). Visit www.macombcountylibrary.org for additional programs.

The Macomb County Library and its many programs and services are a public service of the Macomb County Board of Commissioners.

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