



# **HEALTH WELLNESS FRIDAY**

with JOANNE TARAH (Zumba Instructor)

## **TOPIC: BREATHE CLASS**

"Learn the healthy way of breathing"

**OCTOBER 21<sup>ST</sup>, 2016**

10:00AM - 11:30AM

ONE GENERATION  
18255 Victory Blvd  
Reseda, CA 91335  
ACTIVITY ROOM

*"All healing resides in  
the human breathing system"*

- Rudolph Stein