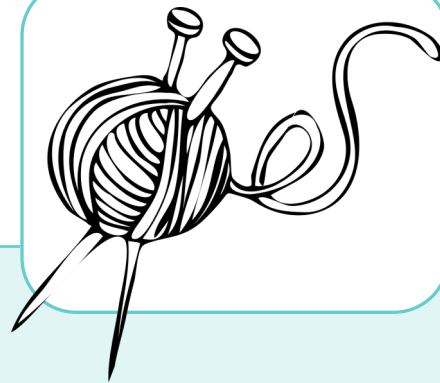
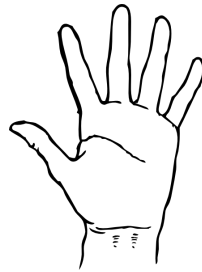


# STRETCHING FOR KNITTERS

THE KNITTER'S EDGE AND  
CREATIVE ACTIONS YOGA



Do your hands ache when you've knit or crocheted for a long period of time? Do your shoulders or hips get stiff?

*Learn how to work out those kinks so you can keep on crafting!*

This is a "Stretching for Knitters and Crocheters" class taught by Denise Garcia Brady, owner of Creative Actions Yoga in Bath, PA. No yoga experience necessary! All stretches will be done standing or sitting in a chair. Call to sign up today! 610-419-9276.

WHERE:

THE KNITTER'S EDGE

WHEN:

SATURDAY, AUGUST 3RD  
12:30-2PM

COST: \$15

CALL THE KNITTER'S EDGE TO  
REGISTER: 610-419-9276

CREATIVE ACTIONS YOGA

