



## Wellness Wednesdays Fall 2024

# Elementary School Programming Grades K-5

### October

**Calm & Centered: Yoga & Mindfulness - Oct. 9 - 6:00-6:45pm**

Kids will find calm and peace in their minds and bodies through mindful breath and movement.



### November

**Zumba Kids: Wellness in Motion - Nov. 6 - 4:30-5:30 PM**

Kids will use teamwork and cooperation to dance, play games and learn some fun rhythms while exploring the land of Greece.



### December

**Art Adventures for Kids - Dec. 11 - 4:30-5:30 PM**

Kids will display their creativity by making holiday ornaments.



For more information visit our website:  
[www.northvilleyouthnetwork.org](http://www.northvilleyouthnetwork.org)

Registration Required  
[bit.ly/nynwellnesselementary24-25](http://bit.ly/nynwellnesselementary24-25)

#### Featured Skills

- Physical
- Social
- Mental
- Emotional