

 Webster Presbyterian Church
201 West NASA Parkway
Webster, TX 77598-5207

Presents

Wellness Through Movement



Beginning June 4th, every Saturday at 11:30 and Tuesday at 1:30, a 30 minute Wellness Through Movement class will be held in the Fellowship Hall.

All movements are no impact, most are mat based, and are designed to help any participant move well. Individuals of all abilities are welcome. Led by rehabilitation and performance professional Tony Le Cara.

Equipment is donated by Valeo Physical Therapy. There is a recommended donation of \$5.00.

Childcare is available.

***The secret to good health:
Move, Move well, Move often***