

TALL TALES FIT AND FLOW

For young adults (18+) with special needs
must be independent with behavior and mobility

Join us for a 6 week session
which will include yoga, fitness,
mindfulness and lots of fun

Sundays 6 Week Session

Jan. 6 - Feb. 10 / 1-3 p.m.

Vernon Physical Therapy and Wellness

7373 S Alton Way (Suite 120) Centennial, CO 80112



Cost: \$125

**Space limited so register now!
vanessa@talltalesranch.org**