



TIDEWATER ARTS OUTREACH

presents



HEALTH & FITNESS

with Jara and Samantha

May 28th at 11:00AM

Jara is a wellness expert with a psychology degree and certifications in personal training, yoga and human movement. Samantha has a Liberal Arts degree and is a Certified Dance Mindfulness and Meditation practitioner. This program fosters resilience and promotes healthy living.

IN PARTNERSHIP WITH:

