



MONDAY

JUL 13

1 PM- 2 PM

Community
Center

Chair Fitness with Jara Clark

Jara Clark is a holistic wellness leader, certified trainer, and yoga instructor. She is the founder of Fit Goddess Tribe, creating mental and physical fitness programs that support healing, resilience, and community. Fit Goddess Tribe offers mental-physical health education, focused on building strength, resilience, balance, and community for all ages.

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