



**NEW YEAR, NEW YOU!**  
**LET'S GET MOVING!**

**SAT**  
**JAN.**  
**6<sup>TH</sup>** | **YOGA**  
**101**  
**2:00PM**

**SAT**  
**JAN.**  
**13<sup>TH</sup>** | **CHAIR**  
**YOGA**  
**1:00PM**

**SAT**  
**JAN.**  
**20<sup>TH</sup>** | **SALSA**  
**FOR**  
**BEGINNERS**  
**2:00PM**

Jumpstart a healthier New Year with in-person yoga and Salsa Dance classes! Led by The Yoga House RGV and Lillian Mezquida from Texas A&M AgriLife Extension. Dress comfortably and bring a mat for a revitalizing experience!

**MAIN LIBRARY**  
4001 N. 23rd ST., | McAllen, TX 78504  
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**YOGA**  
**HOUSE**

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**