

**QUIT
SMOKING!**

&

Just Breathe

Marine Corps Family Team Building partnering with
Semper Fit, Prevention and EFMP

Invites you to **Lung Cleansing Yoga** for the
Great American Smokeout on November 20th
from 11 a.m.-1 p.m. outside of
Daniels Family Fitness Center.

Drop in and out as your schedule allows. You don't have to
be a smoker or a master Yogi to participate.

Call 639-6171 for more information

