

Healthy Dearborn Tent

North of the covered bridge

Sponsored by **Beaumont**

Friday, Aug. 5

Noon to 4 p.m	Scavenger Hunt with free drawing for prizes
1 to 1:30 p.m.	Story telling with Dearborn Public Library
2 to 2:30 pm	Learn Tai Chi with Erin Reas, certified Tai Chi teacher
3 to 3:45	Yoga session for all ages & abilities with Chuck Mallur from Sattva Yoga Studio

Saturday, Aug. 6

11:30 to noon	Story telling with Dearborn Public Library
Noon to 4 p.m	Scavenger Hunt with free drawing for prizes
Noon to 4 p.m.	Healthy Eating with registered dietitians Lois and Cheryl
Noon to 12:45	Yoga session for all ages & abilities with Chuck Mallur from Sattva Yoga Studio
2 to 2:30	Yoga for Kids with Jamie Garrison of Yoga Shala and Wellness. (Bring your own a mat or towel)

Sunday, Aug. 7

11 to 11:30	Yoga session for all ages & abilities with Chuck Mallur from Sattva Yoga Studio
11:30 to noon	Story telling with Dearborn Public Library
Noon to 4 p.m	Scavenger Hunt with free drawing for prizes
Noon to 4 p.m.	Healthy Eating with registered dietitians Lois and Cheryl