



BREATHE

BREATHING WORKSHOP

APRIL 11, 1:00-2:00PM, COMMUNITY CAFE

This year both World Parkinson's Day and World Breathing Day are April 11.

To help honor both, FSPY will have a breathing workshop to help improve overall health and performance with breathing, our hidden power.

Correct breathing can:

- Improve cognition and movement
- Reduce pain and stress
- Increase Energy and motion
- Assist gut function and pelvic floor issues
- Regulate blood pressure and heart rate

Learn more and breathe with us!

Questions? Contact Roberta Catuogno at rcatuogno@fspymca.org