

JOIN THE GVSU DEPARTMENT OF PUBLIC HEALTH AS WE CELEBRATE
NATIONAL PUBLIC HEALTH WEEK

PUBLIC HEALTH SOCIETY PRESENTS

Yoga

APRIL 3RD 6:00PM KIRKHOFF ROOM 2263
APRIL 6TH 1:00PM COOK-DEVOS ROOM 440

INSTRUCTOR SAMANTHA RADECKI LEADS GENTLE YOGA TO INCREASE MINDFULNESS, CREATE SELF-AWARENESS, AND PROMOTE PUBLIC HEALTH. 60 MINUTE CLASSES. WEAR COMFORTABLE CLOTHING AND BRING A MAT IF POSSIBLE.

CLASSES ARE FREE, BUT DONATIONS OF MENSTRUAL HYGIENE PRODUCTS, SUCH AS A BOX OF TAMPONS OR PADS ARE ENCOURAGED. PRODUCTS WILL BE DONATED TO THE GRAND RAPIDS RED PROJECT.

TOGETHER WE CAN MAKE AMERICA THE

*Healthiest Nation in
One Generation*

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION



#NPHW
to get involved!

the grand rapids
R&d project



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#GVLAKEREFFECT

