



North City Area Activities Presents  
**BODY, MIND, & SOUL**

February 5, 2012

4:30-5:30pm

1050 W. School St. 2nd flr

A half hour focus on physical fitness and health

With Sara B.

Ten min concentration on meditation

Twenty min step work opportunity or literature study

**\*Donations Are Optional\***



For More Information Contact Paul S. 773-812-3825