

Posture, Exercise and your Brain

45-minute talk + Q&A soirée



Join Anne Bishop as she presents her first semester of work culminating in the latest science about how posture and exercise affects your brain.

Sunday, December 19th, 2010

4pm-6pm

Light refreshments will be provided

Renew Yoga/Pilates with Anne

35 Petaluma Blvd. S., Petaluma, CA 94952

(located upstairs in the Lanmart Building)



www.DowntownPetalumaPilates.com