



Give yourself a healthy boost

Take a convenient online class

Yoga with Kimberly

Date: Wednesdays, April 6th thru June 29th | **Time:** 12:00 PM to 1:00 PM

Join via computer or mobile device by [CLICKING HERE](#).

Join Kaiser Permanente fitness instructor, Kimberly Hamilton, as she leads you through movement to improve strength and flexibility.

No registration required

For questions, contact: employeehealth@fultoncountyga.gov

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