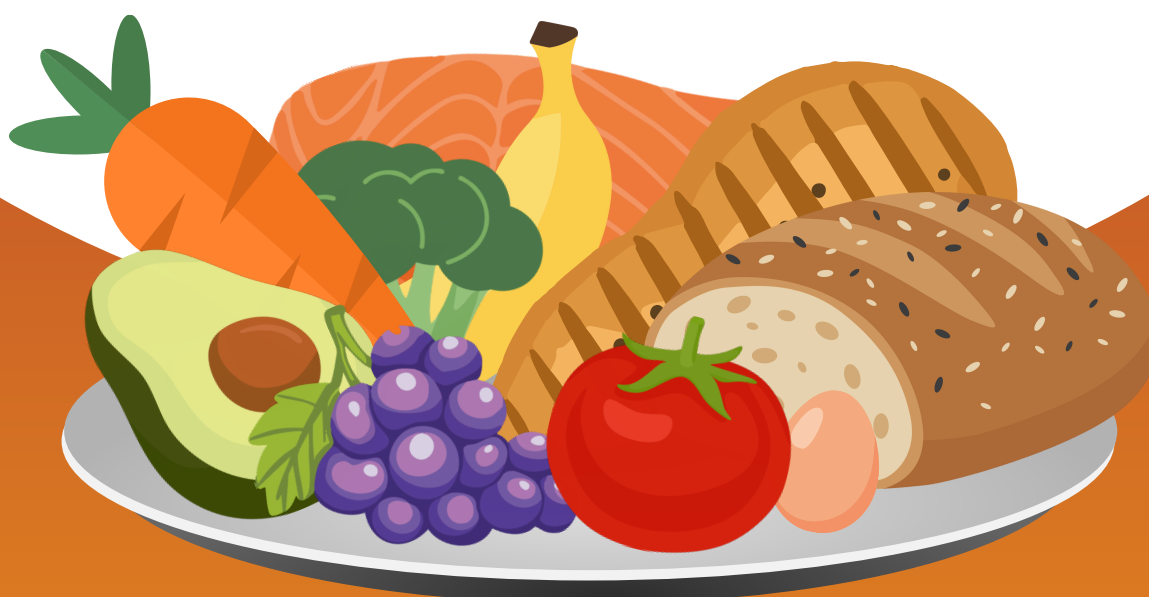




WEST COOK YMCA
255 S Marion St, Oak Park

SPIRIT. MIND. BODY. IV

FEED YOUR SPIRIT, MIND & BODY



SATURDAY, JUNE 6TH, 11:30 AM – 1:45 PM
\$25 | MEMBERS \$40 | NON-MEMBERS

- Joyful Movement through beginner friendly Zumba
- Grounding Breathwork and Restorative Cool Down
- Nutrition Journeys and Lived experiences of our Instructors
- Nutritional Education and Insights with Fabiola Fernandez, M.D.
- A 21-Day Food Diary Challenge

Register Here:



MEET THE INSTRUCTORS!

FEED YOUR SPIRIT, MIND, & BODY

Issy is the Zumba instructor at the West Cook YMCA. Issy teaches Zumba around Chicago and is working on a graduate degree. Her vibrant energy, enthusiasm and knowledge make her Zumba classes a can't miss program at our Y. She will be bringing that energy to this month's workshop!



ANU lives out his mission, America Needs Yoga in everything he does. As a founder of Yoga for Introverts, he partners with organizations and businesses to bring his signature yoga classes to the community. His teaching style combines traditional hatha yoga and breath-centered movements with thoughtfully curated playlists and intentional moments of silence. His calm presence, grounding lessons and resonant voice helps his audience of introverts to slow down, soften and cultivate inner peace.



Fabiola is a retired Ob/Gyn physician with a passion for healthy eating and nutrition. From a young age, her father taught her the importance of a healthy diet. She continued her own journey and made nutrition education an integral part of her medical practice. Fabiola also loves to cook and is currently in a culinary arts program. Her dream is to open a community kitchen where she can give healthy meals and offer nutrition education.

