

High Mountain

Hay Fever

Children's Health Fund



West Custer County Library



Growing Together

The High Mountain Hay Fever Children's Health Fund, West Custer County Library and the CCKC are teaming up to create a year long, caregiver-kiddo interactive learning program! We will have 7 sessions throughout the year focusing on various developmental activities for kiddos ages 0-5. **Come to one or come to all!**

Session 3: **MUNCHKIN & ME YOGA**

Join Brittany Burke and friends for *YOGA*! Learn about self-regulation, balance and mindfulness through yoga! All are welcomed!

When: Wednesday 9:30-10:00
August 30th to October 4th 2023

Where: Library Community Room
Who: Caregivers and kids ages 0-5

