

# COMING IN SUMMER 2022!

Do you identify as an African-American or Black woman?

Do you exercise fewer than 30 minutes per week?

Are you interested in learning more about yoga?



If **yes**, a University of Minnesota research study, led by Dr. Daheia Barr-Anderson, will be conducting a yoga program starting in **June 2022.**

If you would like to join, scan the QR code below to complete a survey to determine if you are eligible.



Find out more: [yogamoves.umn.edu](https://yogamoves.umn.edu)

Phone: 612-301-5919

Email: [yogamoves@umn.edu](mailto:yogamoves@umn.edu)

**Please share with anyone who may be interested!**

School of Kinesiology

UNIVERSITY OF MINNESOTA