



REGISTRATION
REQUIRED!



JANUARY 26-
MARCH 16

Drums Alive®

Golden Beats with JAAA

Scan for a demo!



Experience the transformative power of Drums Alive with the Jayhawk Area Agency on Aging! This class provides fitness for the whole person—mentally and emotionally—with an energetic combination of music, drumming, and movement. This class is accessible for all abilities and can be done standing or seated. Registration is required, and a donation of \$3 per class to JAAA is suggested. Space is limited, so call Kim at 785-856-0203 to sign up!

9:30 AM
MONDAYS
745 VERMONT
LAWRENCE

