



POAC Autism Services and the Beachwood Mayor's  
Wellness Campaign  
Present  
Free Yoga for Individuals with Autism of All Ages  
A Free POAC Recreational Event

Thursday, September 26<sup>th</sup>, October 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>



6:00pm – 6:45pm

Mayo Park

518 Bayside Avenue

Beachwood, NJ

Join POAC and the Beachwood Mayor's Wellness Campaign for free yoga sessions. The program is for anyone with autism and includes all ages. This is not a drop off program, so a family member or caregiver must remain on the premises. Family members and siblings are also welcome to join. You do not have to be a resident of Beachwood to attend. Mats will be provided for the sessions. Be sure to wear comfortable clothes.

Registration is online at  
<https://www.poac.net/events/special-needs-yoga/>