

American Indian Community House
Health Department Presents:

Fancy Shawl Dance Classes

With Tara “Redflower” Beckman

Come get your fancy on!

**Tone your arms,
legs, and core!**

Improve your balance!

A great cardio workout!



Have fun!

**New 6 week class beginning every
Monday on July 19th at 6:00pm -
7:00pm in the Circle.**

***Wear comfortable clothes you can move in.**

***Participants are encouraged to bring their
own shawls if possible.**

Please contact
Eugene Billie,
Wellness Case
Manager at: (212)
598-0100 x239 or
ebillie@aich.org