



18 East 22<sup>nd</sup> St.  
Kearney, NE 68848-1180  
(308) 233-3214  
[www.cityofkearney.org](http://www.cityofkearney.org)

---

**CITY OF KEARNEY**  
**PRESS RELEASE**  
***For Immediate Release***

Issued Date: January 12, 2018

Point of Contact: Deb Eirich, Senior Services Coordinator, 308-233-3290

**Peterson Activity Center Provides Yoga Class**

Registration is now available for a Yoga Class that is for all levels of practice and abilities, but must be able to move from the floor to a standing position. Yoga increases flexibility, strengthens muscles, centers thoughts, and enables relaxation and calmness. The class will be held at the Peterson Activity Center on Thursdays, from 5:30 p.m. - 6:15 p.m., from January 18 – February 22. The class is led by Trudy Flaherty, certified Yoga Instructor and registered instructor through the Yoga Alliance. All classes in January are free and February classes are being offered a reduced rate of \$5.00 per class to persons 50 and older. Please call 308-233-3290 to register, or for more information.

***Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org).***

*We are sending this News Release as a service to the news media and citizens of Kearney.*

pc: City Council  
Kearney Hub  
KGFV  
KKPR  
KHAS  
KRVN  
KHGI TV  
KSNB/NBC-Nebraska  
1011Now  
City Department Heads