

LET'S DANCE!



**Thursdays
10:00 to 10:30 AM**

- ◆ Become More **Flexible**
- ◆ Gain **Strength**.
- ◆ Get **Smart**
- ◆ Stay **Nimble**
- ◆ Lower **Stress**
- ◆ Control your **weight**

Or just HAVE FUN!

Zephyr Self Help Center

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COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery