

Open House and Children's Yoga Class

**Friday
May 5th**

The MOMS Club of Parsippany East and MOMS Club of Parsippany West, chapters of an international support group for mothers, will host a children's yoga class and open house on Friday, May 5th, at the Parsippany Main Library's meeting rooms A and B, 449 Halsey Rd.



A yoga class for preschool and school-aged children will be led by WDHA DJ Lindsay Klein, a mother and certified yoga instructor who uses her knowledge of music and background in dance to create unique classes. Activities will be provided for younger siblings and children not interested in yoga. The class will begin at 10:30 a.m. and conclude at 11.

RSVP for the yoga class at Parsippanylibrary.org. Registration preference will first be given to Parsippany residents, with any open spots then available to outside residents.

Expectant mothers and moms interested in learning more about the club are invited to an open house with refreshments from 10 to 10:30 a.m. The meet-and-greet session will continue after the yoga class. Those coming just for the open house need not register in advance.

MOMS Club



Can't make the open house but still want to learn about MOMS Club chapters in Parsippany? If your children attend/will attend Troy Hills, Northvail, Knollwood, or Rockaway Meadow, Lake Hiawatha schools, email parsippanymomsclubeast@gmail.com. If your children attend/will attend Intervale, Mount Tabor, Lake Parsippany, Eastlake, and Littleton schools, email parsippanymomsclubwest@gmail.com.



We're collecting items for the food pantry, so please bring a non-perishable item with you for those in need.