



**CHERISHING OUR CHILDREN
SINCE 1977**

Touching the lives of more than 5,000 children and families throughout Miami-Dade County annually

CHILD WELFARE
YOUTH INTERVENTION
BEHAVIORAL HEALTH
COMMUNITY HEALTHCARE



Join Us Tonight!

JOIN CFCE'S PEDIATRIC & FAMILY HEALTH & WELLNESS CENTER AND
INTERNATIONAL PILATES INSTRUCTOR, KALYN JAMES FOR . . .

LitPilates FITNESS

NEW SCHEDULE

**EVERY 1ST & 3RD
TUESDAY
6:30 - 7:30 PM**

**\$12 per class
1st class FREE**

1825 NW 167th Street, Suite 102
Miami Gardens, FL 33056
For more info: info@cfceinc.org

www.cfcewellness.org/litpilates
www.litpilates.com
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Bring water & sweat towel
Clean bare feet or sticky socks
recommended

Enhance Core Strength

Sculpt & Tone

Improve Posture



LitPilates
IT'S LIT TO BE FIT

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