



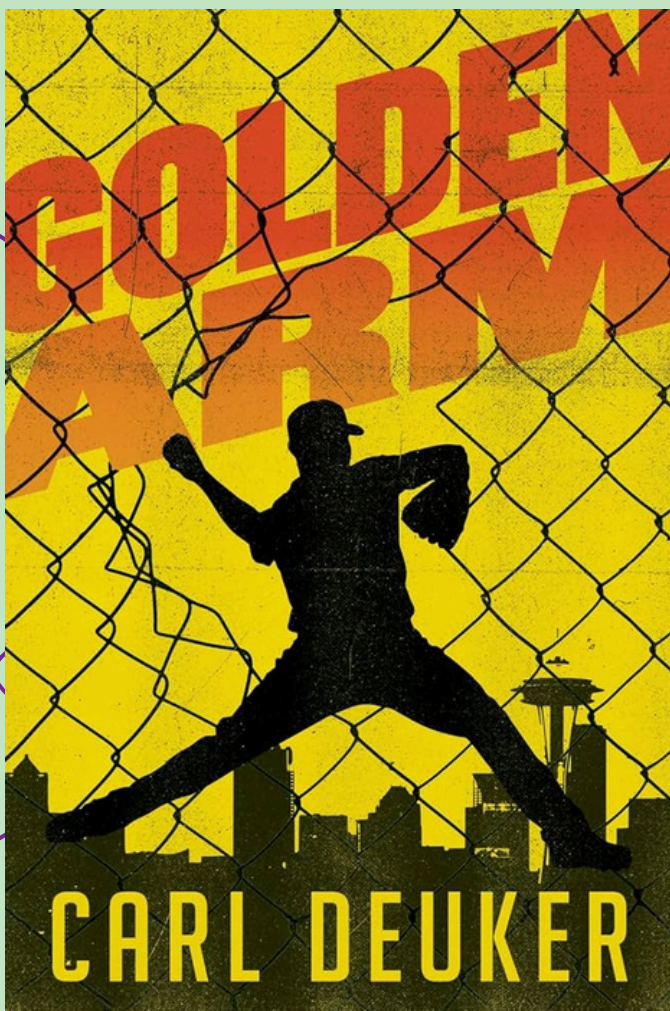
Intro to
YOGA
For Teens

Presented by RealBeautifulYOU in Rockford

In this virtual program, learn stress management techniques and body image positivity through the practice of yoga. To access, go to the NSLD website under 'Events Calendar', or watch at youtube.com/@nslid. For grades 6-12.

**Available to watch
starting Wednesday,
April 2**





Teen Spring Read

.....
Golden Arm
by Carl Deuker
.....

Starting April 7, pick up your free copy of *Golden Arm* at Reference Services while supplies last. Return the included book review by May 10 to be entered in a prize drawing! For grades 6-12.

**Find more activities on:
nsldteen.weebly.com**



**FOUR SIMPLE
POEMS
ANYONE
CAN LEARN**



Grab a pen or pencil and celebrate National Poetry Month with NSLD Teen Services. To access, go to the NSLD website under 'Events Calendar', or watch at: youtube.com/@nsld. For grades 6-12.

Available to watch starting Wednesday, April 16.

