

UK Health & Wellness presents: Capoeira Specialty Class



What is Capoeira?

A Brazilian dance form incorporating self-defense maneuvers. It's a great total body workout.

***Six-week class, Wednesday nights, 6:00 p.m.,
March 19 - April 23, 132 Seaton Center.***

Cost is \$30 per person. All UK employees, retirees, spouses, and sponsored dependents are eligible to participate.

To register, please visit:

www.uky.edu/HR/wellness/capoeira.html

Health & Wellness programs are part of your UK employee benefit package and are open to all UK employees, retirees, spouses and sponsored dependents.