

# Rhythm and Wellness



**Fridays**  
**May 8, 22 and**  
**June 12, 26**  
**10:30 - 11:30 AM**

Join us for a fun and uplifting Latin dance workshop designed to boost your mental health and well-being!

Move your body, lift your spirit, and connect with the rhythm of salsa, bachata, and merengue in a supportive and joyful environment.

No experience needed— just bring your energy and an open heart! Registration is required.



**North Babylon Public Library**

815 Deer Park Avenue  
North Babylon, New York 11703 | (631) 669-4020  
<http://northbabylonpl.org/>