******Yoga in the park &**

**ice cream social**

Join **NAND** and **MTSPEN** for some movement and fun at our annual kick-off event!

**What:** Yoga, Jeni's ice cream, other refreshments, and networking

**Where:** Centennial Park - 2500 West End Avenue Nashville, TN 37203

At the event shelter in the back of the park next to the plane and train

**When:** Thursday, September 13th, 5:30-7:30pm, Yoga will take place from 6-7pm

**Who:** All current NAND Members and RDNs/DTRs, dietetic interns, and dietetic students who are interested in joining NAND this year are welcome to join!

*Please bring your own yoga mat if you have one. We will have extra yoga mats to provide to participants that do not have one.*

Sammi Ke-a will be leading us in our evening yoga. Sammi currently teaches at FreeBird Fitness, Hot Yoga Lebanon, So Fly Studio, HOTBOX, Unity Yoga Room, Zone Conditioning, Pinnacle Bank, and Ryman Corporate Office. She is also available for private sessions. Instagram handle is @sammi.kea

**Please RSVP to Melissa Giovanni at** **giovanni1mj@gmail.com** **by Monday, September 10th. If you have any questions please also use this contact.**

*Our sponsors for event:*

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