



Hula Hooping for Health

Wednesday, November 29 at 6 pm
Registration and Waiver Required

Kesley Philo of Kelsey Hoops will teach you how Hula hooping can sharpen your body and mind while increasing core strength, flexibility, coordination, and balance. Hula hoops will be provided. For teens and adults.

Financial assistance for this special project is made possible with Federal funds from the Institute of Museum and Library Services administered through the Oklahoma Department of Libraries.

