



is offering one **FREE** class for registrants signing up to support the *Cayman National Charity Walk/Run*, which will benefit **YMCA & Canine Friends**.



### How to get the free class:

1. Register for the Cayman National Charity Walk/Run.
2. Take a photo in your cool tie-dye Charity Walk/Run shirt from the walk.
3. Post to Instagram @caymanflow or Facebook and tag *Flow Therapeutic Movement*.



**CAYMAN  
NATIONAL**

For more details or to register for the Cayman National Charity Walk/Run, visit [www.caymannational.com/charity-walk/](http://www.caymannational.com/charity-walk/)

