



TIDEWATER ARTS OUTREACH



presents

Fitness with Jara Clark from Fit Goddess Tribe Friday, January 9th at 10:45am

Jara is a wellness expert with certifications in personal training, yoga, and human movement. Inspired by her journey overcoming trauma, she empowers communities through programs promotion. Jara's programs are based on Mind-Body Team Wellness Experience empowers faculty, staff, and students with tailored workshops in yoga, breathwork, strength training, and stress management. The program fosters resilience, boosts brain health, and promotes healthy

living.

IN PARTNERSHIP WITH:

