

Introducing a new program series!



Join us once a month in Williams Hall for unique presentations given by University City's most popular cultural, food, and retail businesses. Special programming includes food tastings, yoga lessons, theater previews, and bike workshops.

All programs will take place from
12:30–1:30pm at Williams Hall on
Penn's Campus (255 S. 36th Street).

January 27 Milk & Honey Market

4435 Baltimore Avenue
(215) 387-6455
www.milkandhoneymarket.com

Sample artisan cheeses and honey sticks while learning about the local gourmet food industry.

March 24 Curio Theatre Company

815 S. 48th Street
(215) 525-1350
www.curiotheatre.org

Enjoy scenes from Shakespeare's
Twelfth Night.

February 10 Studio 34 Yoga | Healing | Arts

4522 Baltimore Avenue
(215) 387-3434
www.studio34yoga.com

Dress appropriately for this 1 hour Forrest Yoga class. Open to all levels.

Forrest Yoga balances active sequences of movement and longer holding of poses to build both strength and flexibility in the body. Deep breathing and abdominal exercises work to fortify the core, helping students go deeper into poses and feel sensations that often go unnoticed—a great practice for clearing toxins from the system, healing from injury, relaxing the mind and energizing the spirit.

April 7 Neighborhood Bike Works

3916 Locust Walk
(215) 386-0316
www.neighborhoodbikeworks.org

Bring your bike for a free bike safety check and pick up literature on bike safety and general biking information.



**university
city district**[®]

www.universitycity.org