



## News Release

For immediate release – December 18, 2019

### **Bittersweet at Betty's Farm to Offer Yoga Classes for Teens and Adults with Autism**

Lima, OH... The Social Recreation Program (SRP) at Bittersweet at Betty's Farm is offering weekly yoga classes for individuals with autism during the month of January. The SRP at Betty's Farm consists of programs and activities that focus on developing life and social skills in a fun, laid-back environment.

The yoga classes, taught by instructor Lexie Cline, will provide participants with the opportunity to learn and practice yoga in a supportive environment. Since its founding in 1983, Bittersweet Farms has emphasized the importance of physical activity and therapeutic, calming activities for individuals with autism. As yoga provides an outlet for both, Bittersweet at Betty's Farm is pleased to offer this series of classes to individuals with autism in the Lima community.

The yoga classes will be held at Betty's Farm (4640 Fort Amanda Road, Lima, OH 45805) from 5:30PM to 6:15PM on four consecutive Mondays: January 6<sup>th</sup>, January 13<sup>th</sup>, January 20<sup>th</sup>, and January 27<sup>th</sup>. The classes are \$12 per person per class, and registration closes on January 1<sup>st</sup>. For more information or to register, please contact Kristen Kirkpatrick, Community Outreach Specialist at Betty's Farm, at [kkirkpatrick@bittersweetfarms.org](mailto:kkirkpatrick@bittersweetfarms.org) or 815 295 4596.

#### **About Bittersweet, Inc.**

*For 36 years, Bittersweet, Inc. has been successfully serving adults and adolescents with Autism Spectrum Disorders across three locations in Ohio. The mission of Bittersweet, Inc. is to positively impact the lives of individuals with autism and those whose lives they touch.*

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