

### **National Gymnastics Day**

In September, LPRD hosted National Gymnastics Day, a free, fun day for children to introduce them to the sport of gymnastics. More than 500 people participated throughout the two-hour event held at the gymnastics room at Sports Pavilion Lawrence. Besides open gym there were other children's activities. Performances by LPRD's partner G-Force competitive cheerleading and tumbling team and the Kansas School of Gymnastics, LPRD's competitive gymnastics team, were also highlighted. Other city departments also took part in a Touch-a-Truck event out in the parking lot, which included fire, sanitation and parks and recreation vehicles, along with a tow truck from Hillcrest Wrecker.



### **Yoga Vino Vinyasa Workshop**

Lawrence Parks and Recreation Department and Crescent Moon Winery partnered to offer a Vinyasa Workshop in the late summer. The evening started with an hour of yoga and finished with the tasting of six different wines and lite food pairings on the grounds of the winery. There were 24 participants who participated.

### **Pound For Pink**

Lawrence Parks and Recreation Department hosted a *Pound for Pink* in October, which is the designated month for breast cancer awareness. Breast cancer is the most common cancer diagnosed in women in the United States. Seventy-five percent of the proceeds of the event benefited the Oncology Department at Lawrence Memorial Hospital. POUND is a full-body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming.

