

**FOR IMMEDIATE RELEASE: May 19, 2021**

## **DaddYoga: FREE Virtual Yoga Class for Dads & Kids**

BEREA, OHIO, May 19, 2021 – The Institute of Family & Community Impact™, [OhioGuidestone](#)'s center of excellence for clinical research and quality performance, is pleased to announce two special “DaddYoga” events this June to celebrate fatherhood, with local judge, [expert yoga instructor](#) and motivational speaker [Judge William Dawson](#). The event is sponsored by OhioGuidestone's [Father's Feelings Project](#) and the [Ohio Commission on Fatherhood](#).

**“Kids have a lot of energy and require a lot of attention, and that can become very stressful for men,”** said OhioGuidestone Research Assistant and event director Maic D'Agostino. **“Fatherhood is a joy. But it can be a joy that drains you physically and emotionally if you don't take time to relieve some stress.”**

The virtual yoga sessions will begin with a 20-minute class, done via Zoom, followed by Judge Dawson offering insights and encouragement to fathers about healthy living and other life goals. Each session will also feature a unique guest speaker.

**WHO:** Northeast Ohio fathers and kids

**WHAT:** Virtual yoga class and discussion for fathers and kids with East Cleveland Municipal Court Judge William Dawson

**WHEN:** Sunday, June 13, 2021 at 10am  
*Guest Speaker: Major League Baseball Sports Agent Josh Yates*

Sunday, June 27, 2021 at 10am  
*Guest Speaker: Bryson Haynes, Senior Manager, [Cleveland Cavaliers' youth sports outreach](#)*

**WHERE:** via Zoom

**HOW:** Register online for one of the following classes  
[Sunday, June 13<sup>th</sup> event](#)  
[Sunday, June 27<sup>th</sup> event](#)

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### **About OhioGuidestone**

OhioGuidestone, a leader in the field of behavioral health, has been helping individuals throughout Ohio reset their paths, reclaim their autonomy and restore their purpose for more than 156 years. The nonprofit, Berea-based organization connects individuals with the resources needed to achieve lifelong success, providing community counseling, substance use disorder treatment, early childhood mental health services, workforce development training, foster care services and more. Connect with us on [www.ohioguidestone.org](#), Facebook, Twitter, Instagram or by calling 440-260-8303.

**About The Institute of Family & Community Impact™**

The Institute of Family & Community Impact™ is OhioGuidestone's center of excellence for clinical research and quality performance. The mission is to enhance lives and build stronger communities for individuals at all stages of life through innovation, research and evaluation, professional training and development, and advocacy. Our models, trainings and primary research translate cutting edge science and best practices into products and services available to health professionals, educators, policy makers, philanthropists, community leaders and families.

<https://familyandcommunityimpact.org>.