



**Public Health**  
Prevent. Promote. Protect.

# Effingham County Health Department

*"Where Prevention Begins"*



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**FOR IMMEDIATE RELEASE** – January 9, 2026

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## **Free Yoga Classes with Breast Cancer Awareness in Effingham and Dieterich**

**Effingham, IL** — The Effingham County Health Department and Flying Buddha Fitness are hosting two Free Yoga Classes in Effingham and Dieterich. The first class is a Free Teen and Mom Yoga and Breast Cancer Awareness Program on Thursday, January 15th at 5:30 p.m., in the Effingham Public Library's Workman Room. The second class is a Free Yoga Class open to all, at the Wright Family Center in Dieterich, on Thursday, February 5<sup>th</sup> at 6:30 p.m.

At both classes, Vicki Funneman of Flying Buddha Fitness, a certified yoga instructor, will lead participants through easy yoga movements suitable for beginners. Participants are encouraged to wear clothing that allows for easy movements and to bring a yoga mat, if available.

Catherine Bailey from the Effingham County Health Department will also provide an introduction on breast cancer risk reduction at both events.

Both events are free, but registration is required due to limited space.

Registration for the Library class is through the Effingham Public Library's website [www.effinghamlibrary.org](http://www.effinghamlibrary.org). Registration for the Dieterich class is online through Eventbrite, which can be accessed through the Effingham County Health Department's website [www.ffchealth.org](http://www.ffchealth.org) or by calling Catherine Bailey at the Effingham County Health Department at 217-342-9237.

The events are funded by a Carolyn Adams Ticket for the Cure – Community Outreach Grant from the Illinois Department of Public Health, which supports expanded outreach and education on breast cancer prevention, screening, and support services in Effingham County. Door Prizes and Quiz Prizes are sponsored by the Prevent Cancer Foundation.

More information is available by calling Catherine Bailey at the Effingham County Health Department.

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