

James St., Syracuse. It takes about three months to learn the gentle movements that work to reduce stress, promote balance and increase flexibility. \$25 to \$35 per month, with discounts for seniors. 476-5760.

KIDS YOGA: 2:30 p.m. today. Onondaga County Public Library Mundy Branch, 1204 S. Geddes St., Syracuse. For ages 8 to 11. Free. 435-3797, onlib.org.

OCD SUPPORT GROUP: 7:30 to 9 p.m. Monday. DeWitt Town Hall, 5400 Butternut Drive, DeWitt. A mutual-help support group is open to all individuals who struggle with a diagnosis of OCD as well as their immediate family members. 445-5606.

SHARPS DISPOSAL: 10 a.m. to 1 p.m. Saturday. St. Joseph's Hospital Health Center, 301 Prospect Ave., Syracuse. Safely dispose of needles, syringes and lancets. Held in the Emergency Department. Free. 448-5173, sjhsyr.org.

WOMEN'S HEALTH: noon to 4 p.m. Wednesday. Kinney Drugs, 104 Lafayette Road, Syracuse. St. Joseph's Hospital Health Center and Kinney Drugs are partnering to offer "Wellness Wednesdays," a series of free health education and screening events. 703-2138, sjhsyr.org.

History

FRANKLIN SQUARE STROLL: 10 a.m. Saturday. Onondaga Historical Association, 321 Montgomery St., Syracuse. Join OHA Curator of History Dennis Connors for an informative stroll through one of Syracuse's distinctive historic districts. Discover an enclave of industrial architecture, now being rejuvenated into innovative residential and office spaces. Register in advance. \$10; OHA members, \$8. 428-1864, ext. 360, cnyhistory.org.