



COMMUNITY YOGA & JOURNALING

Gentle Yoga for all ages and experience.
We have yoga mats and journals available for use.

FEBRUARY DATES:

- Saturday, February 4, 2023
10:00 AM - 11:00 AM
- Saturday, February 18, 2023
10:00 AM - 11:00 AM

For registration and inquiries:
<https://www.thefirehousedream.org/mental-health-workshops>



Scan to RSVP!

