

Find Your Balance

Saturday, December 8

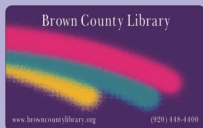
10:30am – 3:15pm



Yoga, mindfulness, stress relief strategies, therapy animals, and more.

Pick up a brochure or see the Facebook event for more information.

Teens (grades 6-12) and adults welcome



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