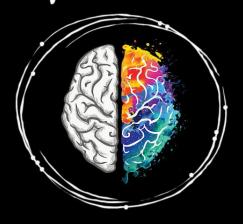
MENTAL HEALTH AWARENESS MONTH

movement for mental health



yogic healing and a sacred support circle

Take some time for yourself

Re-energize with Yoga

Learn various Coping Skills

FOR TEENS and ADULTS

Join us on

Saturday

May 20, 2023

9:30am to 11:00am

With Yoga Instructor

Deonna Thomas

Good Vibes Yoga Studio

To Register

Contact Youth & Social Services at 203-294-2175 or email yss@wallingfordct.gov

Sponsored by

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