

# 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](mailto:yss@wallingfordct.gov)

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