



Presents ...

FREE

Health & Wellness

Community Workshops

In partnership with



Join us for:

Yoga for Everyone

a 4 class series

Wednesdays 11am-12pm
7/11, 7/18, 7/25, 8/1

@ CEO Community
Resource Center
2328 5th Ave Troy NY

Adults 18+ of
all ability levels
welcome!

Call CEO to reserve a
space. 518.272.6012
ext. 302



Make a positive change in your life in just 4 weeks! Mats will be provided.
All attendees are invited to stay after each class for light refreshments and tea.