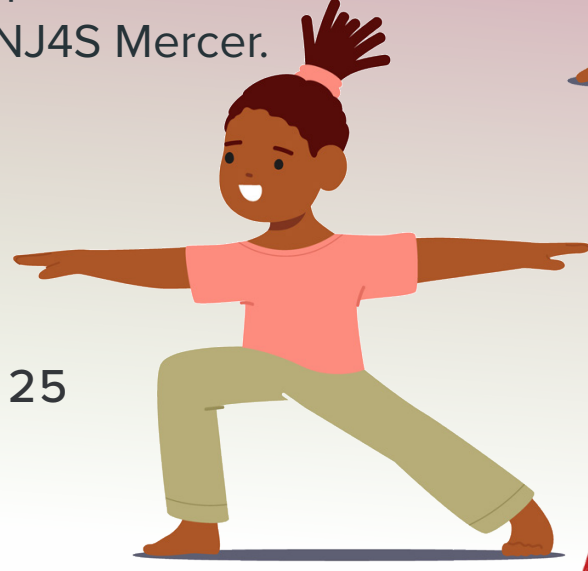


FRIDAY FLOW WITH YOGA

Come Relax & Destress All Skill Levels Welcome!

Yoga mats will be provided but you are welcome to bring your own!

Come enjoy a relaxing Yoga Flow Class, instructed by Melody Appel and hosted by Catholic Charities NJ4S Mercer.



Friday, October 25



3:30 to 5 pm



Hamilton Public Library
1 Justice Samuel A. Alito Way
Hamilton, NJ 08619

Registration required

