

JOIN US FOR A FREE CHAIR YOGA CLASS

— via **zoom** —

Experienced yoga instructor Maya Kowalczyk will teach a 45 minute class that will introduce beginners to the benefits of yoga.

Tuesdays
July 6 • 10:00am
August 3 • 10:00am
September 7 • 4:00pm

**RSVP to receive your
Zoom link by calling
Rachael at 570-427-4500.**



Embracing life and possibilities for 20 years and counting!



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