

Stretching and Meditation



Join our free program!

May 4th at 10:00 am

A relaxing and fun class that teaches you a better quality of life through yoga poses, stretching techniques and meditation.

We welcome all abilities.

31516 Winterplace Parkway

Salisbury, MD 21804

www.Bayareacil.org

Or Call Ashley Conroe, Health and Wellness Coordinator,
(443) 260-0822 Ext. 2779 to learn more.