



CHAIR YOGA FUNDRAISER

Join us this **AUGUST** for a rejuvenating outdoor yoga experience and support a fantastic cause! All proceeds from our chair yoga sessions will go directly to the PSW Outreach Program, helping those in need.

Schedule: Tuesdays 10:30 AM in Hilton Beach

Saturdays 10:30 AM in Hilton Beach

Thursdays 6:30 PM in Richard's Landing

Fee: By donation! Give what you can and make a difference.

Where: Meet us at the skating rink in Hilton Beach and Cenotaph Park in Richards Landing for a breath of fresh air and a calming yoga session. Classes are weather dependent.

Bring your chair, a friend, and a smile. Let's stretch, relax, and support our community together!