



**DRUM, ARTZ, YOGA WITH THE DAY PROGRAM**  
**AUGUST 17TH AT 11:30 AM**  
**GETHSEMANE COMMUNITY FELLOWSHIP**  
**1317 E BRAMBLETON AVE**

You don't want to miss this!

The DAY program is an energetic union of Drumming and Yoga. It works to expand awareness, access energy, cultivate transformation, and have a really good time. They fuse yoga, meditation, and mindfulness with African Drumming to improve wellness.

See you there!

Seniors Aging Gracefully

