



**COMMONWEALTH SENIOR LIVING AT HAMPTON  
 DRUM, ARTZ, YOGA  
 WITH THE DAY PROGRAM  
 SEPTEMBER 13TH @ 2:00 PM**

You Don't want to miss this!

Energetic union of Drumming and Yoga. Works to expand awareness, access energy, cultivate transformation, and have a really good time. We fuse yoga, meditation and mindfulness with African Drumming to improve wellness.



Hampton Roads  
Community Foundation

