



SENIORS AGING GRACEFULLY

DRUMZ, ART, YOGA

WITH THE DAY PROGRAM

FEBRUARY 21ST AT 11AM

GETHSEMANE COMMUNITY FELLOWSHIP

1317 E BRAMBLETON

Enjoy the energetic union of Drumming and Yoga. We fuse yoga, meditation and mindfulness with African Drumming to improve wellness.

Seniors Aging Gracefully



ACCLAIM
AT EAST BEACH

