

JOURNEY TO SELF PRESENTS:

FREE CAREGIVER SUPPORT GROUP

Enjoy a different kind of yoga
while sitting in your chair!

AVAILABLE EVERY 4TH SUNDAY
FROM 6:00 PM - 7:00 PM CST

[CLICK HERE TO JOIN](#)

01/24/2021

02/28/2021

03/28/2021

04/25/2021

05/23/2021

Always remember to take care
of YOU too!

Check-In, Chair Yoga, Raffles, and
Prizes