

**2 Wednesdays/ month/ next · October 8th and
October 22nd and November 19th**

Who is this for? Every Body

Focus: The parts of our bodies that get "missed" in our exercise/movement practices and in our daily activities. These missing aspects lead to discomfort and limitations that affect our desired quality of life, from the most sedentary of us , to the most active and "fit" of us.

What to wear/bring:

- comfortable clothes – shorts/ yoga pants and tank top are best- avoid jeans
- layers are good as body temp changes with movement and rest
- hydrating liquid- aka water
- paper/pen for taking notes

Cost: sliding scale \$15–30

(financial hardship– contact Valerie)

1st class:

***So, you have this thing called a Body....No
Assembly Required, but no Owners Manual
Included***

****on 2Wednesdays per month****

6 to 7:30 pm -Ripples to Remembering Wellness Center 342 Sanford
Road in Alfred Maine -

