

F2H, Inc. News

BUILDING COMMUNITY



Book Club
12/6/25
(virtual)

CLUBS MEET EVERY OTHER
WEEK

**Walking Club &
Meditation/Yoga**
12/13/25
(in- person)

Upcoming/Ongoing Events

Freedom 2 Hope, Inc. wants to see you at one or all of our upcoming events!

Join us at one of our in-person or virtual book clubs: email freedom2hopeinc@gmail.com for book information

REGISTER FOR THE BOOK CLUB, WALKING CLUB
AND MEDITATION & YOGA SESSIONS AT:
freedom2hopeinc.org



1

BOOK CLUB

WHEN IS THE LAST
TIME YOU READ A
BOOK? HERE'S YOUR
CHANCE

2

TAKE A HIKE

TELL YOUR WORRIES
AND ANXIETY TO TO
TAKE A HIKE WITH A
WALK

3

MEDITATION/YOGA

TAKE 30 MINUTES TO
BREATHE & THEN TALK
IT THROUGH

