

VETERAN DROP-IN MINDFULNESS & YOGA

Yoga goes beyond just poses; it strengthens muscles and increases flexibility, improving individual mental health and overall well-being. Come join us!

WHEN: SATURDAY JULY 20, & 27
TIME: 8:00-9:00 AM IN THE MAIN HALL
ADDRESS: ROSETOWN AMERICAN LEGION 542
700 CO RD C WEST
ROSEVILLE, MN 55113

FREE WILL DONATION

****BRING YOUR OWN YOGA MAT****



HOSTED BY RESTORATIVE REIKI HEALTH & WELLNESS

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