



# Relaxation & WELLNESS

## FOR EVERYBODY



### Oak Grove Baptist Church

Educational Center  
1063 Old Two Notch Rd  
Elgin SC 29045



### Active Wellness Class

Learn skills to relax your mind  
and body through active  
movement.



### Class Schedule

- Saturday, July 15 @ 10:15 am
- Tuesday, July 18 @ 6 pm
- Tuesday, August 8 @ 6 pm
- Saturday, August 19 @ 10:15 am
- Tuesday, September 12 @ 6 pm
- Saturday, September 16 @ 10:15 am

### CALL US:

803-440-8300

[WWW.RECOVERALLSC.ORG](http://WWW.RECOVERALLSC.ORG)

## JOIN US

