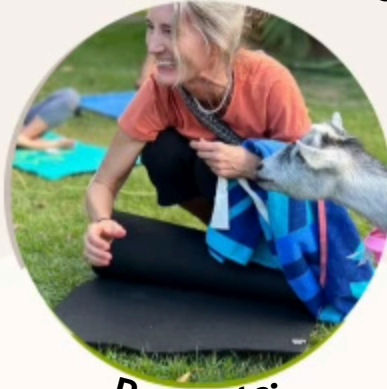




# Headquarters Collective & Bsmoov Fitness



**Presents:**

**Health is Wealth**

**6pm Thursday**

**October 24th**

**we'll move a bit, then stop**

**& sit~join us if you can**

**1211 Cornwall Avenue**

**[headquarterscollective.com](http://headquarterscollective.com)**

Lori Lindgren is teaching Mindfulness-Based Stress Reduction. Certified in Trauma-Informed Yoga & Therapeutics, Healthy Aging & Dharma for Youth. Lori provides Classes, Workshops, Retreats & Private Sessions.

