

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



Trauma Sensitive

YOGA @ RESILIENCE

FREE | FOR SURVIVORS 18+

WHEN

Thursdays at 11am

October 5th

October 12th

October 26th

November 2nd

WHERE

Resilience Program Office

411 Butternut Dr.

Holland, MI 49424

Registration required.

Please E-mail:

KrystalD@ResilienceMI.org

Bring a yoga mat; we will have limited ones available!