

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



Trauma Sensitive

YOGA @ RESILIENCE

FREE | FOR SURVIVORS 18+

WHEN

Thursdays at 11am

October 3rd

October 10th

October 17th

October 24th

WHERE

Resilience Program Office

411 Butternut Dr.

Holland, MI 49424

Registration required.

Please E-mail:

KrystalD@ResilienceMI.org

Yoga mats and yoga blocks provided.