

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



Trauma Sensitive

YOGA @ RESILIENCE

FREE | FOR SURVIVORS 18+

WHEN

**Thursday, April 30th
at 12pm**

*Yoga mats and yoga
blocks provided.*

WHERE

**Resilience Program Office
411 Butternut Dr.
Holland, MI 49424**

**Registration required.
Please E-mail:
KrystalD@ResilienceMI.org**