

JOIN US FOR A FREE CHAIR YOGA CLASS

— via **zoom** —



Maya Kowalczyk will teach a 45 minute class that will introduce beginners to the benefits of chair yoga.

**Tuesday,
March 2
4pm**

***RSVP by March 1st to
receive your Zoom link
by calling Rachael at
570-427-4500.***



Embracing life and possibilities for 20 years and counting!



AWARD-WINNING COMMUNITY



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