



Movement & Meditation with



SOMA CURA
WELLNESS CENTER

Soma Cura is sponsoring and holding a FREE Movement & Meditation class at the Golden Age Center once a month for this summer. They are very committed to bringing wellness to the Grand Island community and that includes our senior citizens too!

RSVP for the Movement & Meditation classes by calling us at (716) 773-9682 or stopping by the Golden Age Center office or just come to the class! Join us for class on the following days on the

Stage: Monday, June 24 at 2pm Thursday, July 25 at 12:45pm
Thursday, August 8 at 12:45pm

Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like!



Movement & Meditation with



SOMA CURA
WELLNESS CENTER

Soma Cura is sponsoring and holding a FREE Movement & Meditation class at the Golden Age Center once a month for this summer. They are very committed to bringing wellness to the Grand Island community and that includes our senior citizens too!

RSVP for the Movement & Meditation classes by calling us at (716) 773-9682 or stopping by the Golden Age Center office or just come to the class! Join us for class on the following days on the

Stage: Monday, June 24 at 2pm Thursday, July 25 at 12:45pm
Thursday, August 8 at 12:45pm

Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like!