



TIDEWATER ARTS OUTREACH

presents



Chair Yoga With Fit Goddess

Wednesday, September 24th at 2:00PM

A Mind-Body Team Wellness Experience empowers participants with tailored workshops in yoga, breathwork, strength training, and stress management. The program fosters resilience, boosts brain health, and promotes healthy living.

IN PARTNERSHIP WITH:



TOWNE BANK



ACCLAIM
AT EAST BEACH

