



# Department of Veterans' Services Health and Wellness Day

## FREE Class Schedule

11.00 am	Wellness Workshop
11.30 am	Morning Meditation + Yoga
12.00 pm	Full Body Strength + Stretch
12.30 pm	Zumba
01.00 pm	Yoga
01.30 pm	Full Body Strength + Stretch
02.00 pm	Zumba
02.30 pm	Yoga

All classes are 30 minute outdoor sessions

### SATURDAY, SEPTEMBER 9, 2023

LINCOLN PARK  
290 WASHINGTON ST,  
SOMERVILLE, MA  
02143

### ALL CLASSES ARE FREE AND FOR ALL AGES

