



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EVERY MOVE MATTERS

Namaste for the Community SOUTH ORANGE FAMILY YMCA

Enhance your spirit, mind and body!
Join us for this community yoga
event which benefits the 2018
Annual Strong Kids Campaign.

The event is open to the community!
Invite your family & friends.

The Strong Kids Campaign allows
us to dramatically change the lives
of those who cannot afford YMCA
services by providing them with
financial assistance.

To learn more about the Annual Strong
Kids Campaign please visit our website.

SOUTH ORANGE FAMILY YMCA
45 Gilbert Street Extension, Monroe, NY 10950
(P) 845 782 9622 (W) www.middletownymca.org

Saturday, June 2, 2018

Rain Date: Saturday, June 9, 2018

8:30AM-10:00AM

O&R Park Rt. 208, Monroe, NY

Ages 10 & Up
All Levels Welcome

Don't forget to bring your mats!

OPEN TO THE PUBLIC

\$25 per person

Register at the Welcome Center.

For more information contact: Michele Bernieri
(P) 845 956 1488
(E) mbernieri@middletownymca.org