



**Get Connected -  
Stay Connected**

*Save the Date*

# **Meditation and Yoga Workshop**

Step 11

***Saturday March 21st***

***Low Impact  
Everyone is welcome!***

1:00 to 3:00 pm

Crossroads Club  
1700 Lake Ida Road, Delray  
Beach

for more information call:  
Bonnie 561-733-9302  
Bonniesoa@yahoo.com

fitness plans  
for better living