

WELLNESS WORKSHOP

FOR VETERANS, FAMILY MEMBERS
& CAREGIVERS

YOGA • REIKI • MEDITATION



SATURDAY AUGUST 30, 2025
SATURDAY SEPTEMBER 27, 2025
SATURDAY OCTOBER 25, 2025
SATURDAY JANUARY 24, 2026
SATURDAY FEBRUARY 21, 2026
SATURDAY MARCH 28, 2026

12:30 – 1:30 PM

THE AMERICAN LEGION CO-OP CITY POST #1871
135 EINSTEIN LOOP • ROOM 41
BRONX, NY 10475



SPREADING
♥ LOVE

