

Worcester Youth & Family's Wellness Series Presents

Mindful Movement

Beginner-level classes facilitated by Jessica Megary,
Therapist and Mindfulness Practitioner.

Days: Tuesdays Time: 5:15pm-6:15pm

Classes begin Tuesday, June 14

Registration is not required. & Drop-Ins are Welcome!

Fee: \$5.00 Place: The Ray

Bring Your Yoga Mat

(limited # of mats available)

The Ray is located at Worcester Youth and Family Counseling Services
124 North Main Street Suite C, Berlin, Maryland. For more information

Call 410.641.4598 or Email: jmegary@gowoyo.org



With mindfulness, we can preserve
an inner joy, so that we can better
handle the challenges in our lives.

We can create a
foundation of freedom, peace, and
love within ourselves.

-Thich Nhat Hanh