

NEW EVENT IN 2025!!!!

MINDFUL MOVEMENT & MEDITATION

With Leigh Ann Russo

MONDAY, FEBRUARY 10, 2025: 4 - 5 PM

Mindful movement allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy and strengthen our mind-body connection.

It's a great way to practice self-care by incorporating
Both mental and physical well being!



**Join us at the
Marta-Beth Friedman Stirling Road Branch
3151 Stirling Road, Hollywood, 33312**

Registration is available for you at our session.