



www.mandybush.com



Flow & Restore

OUTDOOR CHAIR YOGA FUNDRAISER

Join Mandy Bush, E-RYT, as she takes you through a mind and body practice that typically combines conscious breathing, body awareness, yoga postures, energy medicine, acupressure, and meditation. This program enables those who suffer from stress or anxiety to flourish!



Session Date

Tues., June 18, 2019

6:30 PM – 7:15 PM

Flow & Restore is free for all participants – we just ask for you to bring your own chair and water. We will be accepting donations for the Alzheimer's Association The Longest Day or you can visit our fundraising page listed below. Together we can raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association.

Where

Church of Christ Assisted Living

23621 15 Mile Road Clinton Township, MI 48035
RSVP to (586)285-6200 or kmurphy@cofccc.org by

Monday, June 17, 2019

www.cofccc.org

Donate to our fundraising page!

<http://act.alz.org/goto/CofCCC>

