



— **Community Courtyard** —

YOGA

FREE Chair Yoga with John Hartland.
Come bend, stretch, and relax with us.

Friday, June 11 at 1:00 pm – Please RSVP by June 10
Friday, June 25 at 1:00 pm – Please RSVP by June 24

Thrive at Frederica Courtyard

Please **RSVP** to **Charlotte Graham (912) 424-2822**



Thrive at Frederica
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