



Healthy Body. Happy Mind.

with Shanti Bennett, Certified Yoga Instructor

We will be having a series of yoga classes beginning Monday, April 29th, 2019. Classes will be held at the Stockbridge – Munsee Health & Wellness Center in the Lower Level Conference Room. Everyone is welcome to attend , we do have a limit of 10 participants for each class so be sure to RSVP as soon as possible.

RSVP to Anita Mihtukwsun at 715.793.3018.

DATES and TIME:

Monday, April 29

Monday, May 6

Monday, May 13

Monday, May 20

12:00-1:00 PM

