



# October



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SAT

7:00 pm: Women's Connection Group (full)

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9:30: Gentle Stretch Yoga (virtual)  
10:30: Meditation Group (virtual & in-person)  
12:30: Quotes & Conversations

3

9:30: Chair Yoga (virtual)  
11:00 Quotes & Conversation (virtual)  
5:30: Women's Support Circle

4

9:30: Gentle Stretch Yoga  
11: Slow Flow Yoga (virtual)

5

11: Stabilization Group (Full)

6

10:30: Expressive Arts Group

7

8

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