

# Refresh & Renew:

## Gentle Yoga for Wellness

Start your year refreshed with a relaxing yoga session led by Ashley of Healthy Indulgence Wellness.

Breathe, stretch, and set your intentions for a healthier, balanced new year. Preregister.

Sat, Jan 17 10:00 am

- 12:00 pm

Belle Glade Branch

725 NW4thSt  
Belle Glade 33430  
561-996-3453

Healthy  
Indulgence  
Wellness



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