



Mindful Movement

ZUMBA

with *Tomboy-E*

Party

Bringing awareness to *mental health* in the month of *May*.

SESSIONS EVERY **MONDAY** IN THE MONTH OF MAY

♥ 5/4

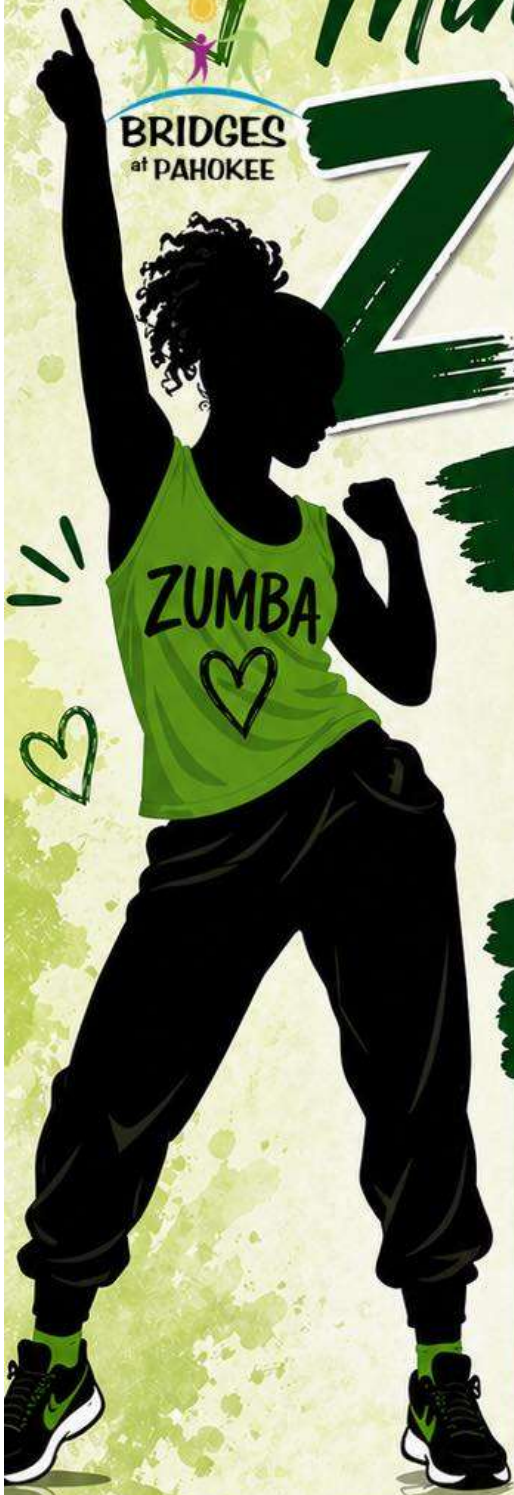
♥ 5/11

♥ 5/18



FROM **5:30-6:30**

at *Bridges at Pahokee*
1020 E Main Street,
Pahokee, FL 33476



MOVE YOUR BODY.
NOURISH YOUR MIND.
YOU MATTER.

IN AWARENESS OF **MENTAL HEALTH**

IF YOU CAN, PLEASE WEAR A **GREEN SHIRT**



Let's Dance, de-stress and support each other.
TOGETHER, WE ARE STRONGER!

COMMUNITY PARTNERS OF SOUTH FLORIDA