



# RECONNECT & RECHARGE

Wellness at the Y



Find Your Balance Body, Mind & Soul



## Sound Therapy <sup>45min</sup>

- Sunday at 9:15 am
- Thursday at 6:45 pm

## Guided Meditation <sup>45min</sup>

- Tuesday at 6:45 pm

Child Watch  
Open till  
7:30pm  
Tues/Thurs

