

Get inner peace and relaxation



with

**DR. KELLY
GROGAN**



Monday, JULY 29 | 6:30 AM-7:15AM
Level 2 Studio 6

Join us for an all-levels gentle yoga class! We'll get our day started with some easy movement and mindfulness. No yoga experience is required, and we won't need yoga mats. Wear comfortable clothing and bring a friend or two!

Sign up! Scan the QR code with your smartphone!

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