



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

# REFRESH

With mindful meditation  
and stretch class

Monday February 8, 5:00 p.m.  
at the Barbara B. Jordan YMCA  
Limited to 12 participants  
Sign up at members services desk



BARBARA B. JORDAN YMCA  
2039 E. Morgan St., Martinsville  
765-324-6688 [bbjymca.org](http://bbjymca.org)