

# Wellness in The Preserve

This class will focus on improving physical health and mental clarity through gentle movement, stretching, breathing techniques, and mindfulness.

Surrounded by the serene natural beauty of The Preserve, participants will enjoy the calming effects of nature while engaging in physical activity that supports their well-being.

**Sunday & Wednesday**

**May 4<sup>th</sup> - June 8<sup>th</sup>**

**10:00am - 11:30am**

**The Preserve**

**\$100.00/\$125.00**

**Inglis Tucker**

**[www.oldsaybrookrec.com](http://www.oldsaybrookrec.com)**

