



**HENRY STREET
SETTLEMENT**

WELLNESS @ HENRY STREET

Join our new Wellness initiative for some settlement self-care!

BIWEEKLY YOGA CLASS

Abrons Arts Center - Studio G05
Tuesdays, Biweekly at 12 p.m.

October 10 & 24
November 14
December 1 & 5



WEEKLY WALKING GROUP

Fridays at 12 p.m.

October 13 - 265 Henry Street
November 3 - Urban Family Center, 130 Baruch Pl



RSVP HERE



henrystreet.org/wellnessat/

Wellness @ HenryStreet
promotes health, safety,
and enjoyment for all of
our team members!



**FOR MORE INFO CONTACT:
WELLNESS@HENRYSTREET.ORG**