

# WELLNESS @ HENRY STREET

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

## BIWEEKLY YOGA CLASS

Abrons Arts Center - Studio G05  
12 - 1 p.m.

November 14  
December 1 & 5



## WEEKLY WALKING GROUP

Fridays, 12 - 12:30 p.m.  
40 Montgomery Street

November 17  
December 1 & 15



RSVP HERE



[henrystreet.org/wellnessat/](https://henrystreet.org/wellnessat/)

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



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