

WELLNESS @ HENRY STREET

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

YOGA CLASS

Abrons Arts Center
Tuesdays, 12 - 1 p.m.

January 9 (Studio 302)
January 30 (Studio 302)
February 6 (Studio G05)
February 27 (Studio G05)



WEEKLY WALKING GROUP

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

January 5	February 2
January 12	February 9
January 19	February 16
January 26	



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