



WELLNESS @ HENRY STREET UPCOMING SESSIONS!

YOGA

Tuesdays, 12 - 1 p.m.
Abrons Arts Center
Studio 302

Take a moment to relax with Wellness@HenryStreet!
These yoga sessions are the perfect opportunity to
unwind and center ourselves. No previous experience
necessary, all team members are welcome.



DATES:

April 16, May 7 & 14
June 4 & 18

DATES:

SALSA

Learn some new dance moves in this
fun salsa class!

w/ Yvonne Gutierrez

Thursdays, 5:30 - 6:30 p.m.

Dale Jones Burch Neighborhood

DATES:

April 11 & 18
May 2, 9, 16, & 23



WALKING GROUP

w/ Patty Karbowski

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

DATES:

April 19 & 26
May 3, 10, 31

Get some fresh air with the
Wellness@HenryStreet walking
group. You will be paired with a
buddy to walk at a similar
pace. Stay for as little or long
as you like!



REFLECT & REFUEL

w/ Zoe Donnellycolt

Thursdays, 3 - 4 p.m.

Abrons Art Center Room 202

Increase your capacity for self
care, learn new tools to stay
present in challenging
moments, & practice gentle
stretching and movement to
become present to the moment!

DATES:

May 2, 9, 16, & 23



FOR MORE INFO CONTACT:
WELLNESS@HENRYSTREET.ORG