

WELLNESS WEDNESDAY



Take a Break and Recharge!

First-Floor Classroom & Gym & Basement Swid Room
301 Henry Street
Wednesday, January 22, 2025
Noon to 2 p.m.

**Drop in anytime—no RSVP needed
(except for chair massages)**

 **Chair Massages**

 **Yoga**

 **Salsa Dancing**

 **Bring Your Own Lunch Space**



Kick off the new year with a refreshing boost of wellness! Enjoy chair massages, yoga, salsa dancing, and a bring-your-own-lunch space.

This event is open to all Henry Street team members. Don't miss the chance to unwind, connect, and recharge!



[sign up for chair massage](#)



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



**For more information, contact:
wellness@henrystreet.org
or call Kelly Lennon-Martucci
at 917.929.7695**