

# Weekend of Healing

12/8-12/11

We invite those impacted by the Marshall Fire to join the fitness instructors at the Louisville Recreation & Senior Center for a weekend of classes themed for relaxation, restoration and rejuvenation. Attend one or attend them all.

Receive a raffle ticket at every class to enter to win special giveaways.



## ❖ Thursday, Dec. 8

- Full Moonrise Walk – 5:05 p.m.
- Restorative Yoga  
6-6:45 p.m. family friendly ages 14+  
7-8 p.m. for adults

## ❖ Friday, Dec. 9

- One Year Later: A Walk of Reflection – 2-3 p.m.
- Rhythmic Movement & Meditation – 5-6 p.m.

Sign up today with  
the QR code below



## ❖ Saturday, Dec 10

- Moonset Walk – 8-9 a.m. (this will begin at the Davidson Mesa Trailhead)
- Yoga for Healing -10-11 a.m.
- Yoga for Restoration & Healing – 3-4:30 p.m.

## ❖ Sunday, Dec 11

- Walk to Heal – 11 a.m.-1 p.m., sponsored by Avista Adventist Hospital No registration is required to participate.
- NIA – 12-1 p.m

