

Love Thyself Chair Yoga

Gentle Movements for All Abilities

Open to all ages and fitness levels

No prior yoga experience needed!

Please wear comfortable clothing and bring a bottle of water.

Your journey to wellness begins here!



**FREE
BLOOD
PRESSURE
CHECKS**

AUGUST 5, 2025

Tuesdays and Thursdays at 4pm

Available in-person and online

St. John First Missionary Baptist Church

600 SW 8th St.

Belle Glade, FL 33430

Join us online at:

<https://us06web.zoom.us/j/84687192376?pwd=dliZJz8MGdRlXTp3VFjozQeIj08HUh.1>

Meeting ID: 846 8719 2376

Passcode: 725027

**JOIN
IN-PERSON
OR
ONLINE**

For more information, please contact Healthier Glades Project Director Annie Ifill at annie.glades@htpbc.org or (561) 685-4829

PARTICIPATING ORGANIZATIONS:

