



MILTON "SKYE" OLEN



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!

Every Tuesday and Thursday | 4pm
St John First Missionary Baptist Church
600 SW 8th St.; Belle Glade, FL 33430

For more information please email: annie.glades@htpbc.org.

SCAN QR CODE TO JOIN
VIRTUALLY



Thank you to our sponsors and collaborators!

