

Bend and Brew



**Wednesday, Sept. 23
7-9 a.m.**

Tennis Court, Capodichino



Start your day with an early morning outdoor yoga flow class designed to energize your body and center your mind in the fresh morning air.

After class, gather together to enjoy breakfast and connection, creating a welcoming, community-driven experience that blends movement, mindfulness and meaningful conversation.

Class is free. Breakfast (cornetti and coffee) is \$3.

Please register, order/pay for your optional breakfast at the Capodichino or Support Site fitness centers by **Sept. 18.**

For more information, call 081-568-4265 | DSN 626-4265.

