

ALL About Yoga

Project HEART and Willows Way bring you a special Saturday class!

Saturday February 10th 9am-12pm

Willows Way

800 Friedens Rd

St. Charles MD 63303

The details:

- anyone with Case Management services is invited to attend
- individuals will need to complete a Project HEART packet
- registration is required: email Heather at heatherf@willowsway.org or call 636-757-0515
- The class aims to promote growth opportunities and challenge the abilities of individuals who desire to live and work as independently as possible.
- Individuals must have their own transportation to and from Willows Way

