

The Women of  
TEMPLE ISRAEL &  
ST. VINCENT DE PAUL BLESSED SACRAMENT CHURCH

present



CHAIR  
YOGA



An afternoon with  
Pilates/Yoga Instructor

ANGELA CLARK  
[happyhealthybody.com](http://happyhealthybody.com)

Temple Israel  
Wednesday, March 13, 2019  
2:00 pm  
wear comfortable clothing

REFRESHMENTS



Charge

PLEASE RSVP TAMMY at TEMPLE ISRAEL (607) 723-7461

DOOR PRIZES