

★ FREE First Friday Wellness Event ★

October 7th, 5:00 - 7:00pm, at Open Door Studios

Hosted by Open Door

Sponsored by

Two Rivers-Ottawaquechee Regional Commission

FREE WELLNESS WORKSHOPS & MASSAGE AT OPEN DOOR

5:00 - 7:00pm

Chair massage every 15 minutes with reservation and walk-in options

5:15 - 6:00pm

Yoga

5:30 - 6:00pm

Nutrition presentation with food from JUEL

6:15 - 7:00pm

Embodied Meditation

