



CALLING ALL MOMS



COME WALK, TALK & YOGA WITH US!



Walk with health and wellness professionals, receive a resource gift bag and enjoy yoga on the beach.

Wear your sneakers, bring your own yoga mat, or use one of ours!

Seaside Park
Meet us at the
Beach House

Saturday, May 21, 2022
9:00am to 11:30 am

Take some time
for you



Sponsored by the City of Bridgeport Department of Health and Social Services in Partnership with HIA, area physicians, yoga and public health professionals.