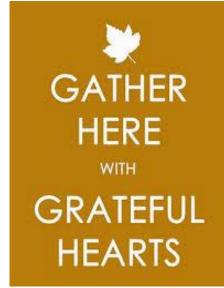
## Thanksgiving Restorative Benefit Class

Wednesday, November 22, 6:00 – 7:30pm \$15-20 suggested donation

Pre-registration required by November 21: kristen.kepnick@gmail.com, 708-759-4412

Join Certified Iyengar Yoga
Teacher Kristen Kepnick for a
calming restorative practice before
the holiday madness begins.





Sustainable Sharing with Guatemala (SSG). SSG is a Chicago-based organization that supports a grass-roots organization working with poor rural communities in Guatemala to create long-term improvements in their health and well-being. Visit <a href="https://www.sustainablesharing.org">www.sustainablesharing.org</a>

Kristen has been fortunate to visit project sites and can share details and vouch for the effectiveness of these programs.





