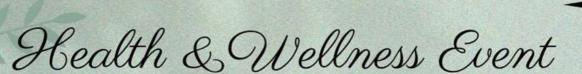


"Improve the Lives we Touch."



## FIND YOUR INNER PEACE

A day to reconnect with yourself



Yoga From the Heart and meditation with Melissa @ 2pm



Stretch & Wellness with Alumni Krystle



Mindful Nutrition with Meg



Sound healing & ACCU Detox with Amy

July 12th, 2025 - 1pm to 4PM

350 Court Street Laconia, NH

Reserve your spot today by Calling or Text Krystle Coombs SCNH Alumni - 603.328.7865

Treat yourself to wellness you deserve this moment