

Join us for the 1st Annual

Trauma Recovery Resource Fair

and Free Yoga Event

Lexington Park Library
Sunday, October 28th

FREE for those looking to thrive physically and emotionally

2-2:30pm: Resource Fair

Get information from local and regional providers to help yourself, a loved one or other community members overcome a challenging and/or traumatic experience.

2:30-3:30pm: Trauma Sensitive Yoga Class

Lauren Rivers, RYT-200, will provide poses and techniques to restore emotional and physical balance while aligning the mind, body, and spirit. This class is open to everyone. Bring: yoga mat or beach towel, water, comfortable clothes, an open mind.

Extra mats will be available to use.

3:30-4pm: Questions and Group Discussion

A time to share your experiences, ask additional questions, and get group support.

RSVP or questions? Email traumarecoverysomd@gmail.com